

Maple Chia Seed Pudding

Ingredients

- ½ cup full-fat coconut milk
- ½ cup unsweetened almond or non-dairy milk of choice
- 2-3 tbsp. maple syrup or coconut nectar (*)
- Pinch of sea salt
- 1-2 tsp. pure maple extract
- ¼ tsp. vanilla powder (optional)
- 3 tbsp. chia seeds (white or black)



Directions

1. Shake the can of coconut milk well
2. In a blender add the coconut milk, almond milk, maple syrup and salt. Blend for a few seconds.
3. Add the maple extract and optional vanilla powder and blend again.
4. Add the chia seeds and pulse the mixture every few seconds for about a minute until the pudding starts to thicken and the seeds don't settle at the bottom.
5. Transfer to a glass jar or bowl (preferably with a lid) and refrigerate overnight or for a minimum of 4 hours.
6. Serve with fruits, nuts or other toppings of choice.

Tip. For a thicker pudding add an additional tablespoon of chia, essentially ¼ cup total. This pudding makes a lovely breakfast or dessert.

* Consider using 2-3 dates or stevia as an even healthier alternative or if you're a diabetic.