

Coconut chia pudding

Search:

- [Desserts](#)
- [Recipes](#)

Coconut chia pudding

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Coconut chia pudding



Rate this recipe

1 person is cooking this [Count me in](#)

This coconut chia pudding not only serves as a breakfast but can also be a tasty dessert.

Ingredients

Coconut chia pudding

- ½ cup (25 g) flaked coconut
- ½ cup (5 g) chia seeds
- 1 cup (250 ml) coconut milk
- 1 cup (250 ml) coconut water
- 1 tsp pure vanilla extract
- ¼ cup (85 g) pure maple syrup, plus extra for drizzling
- ¼ tsp sea salt
- ½ cup (70 g) macadamias, lightly toasted and crushed
- Seasonal fruit, such as mixed berries, pomegranate seeds, figs, grapes, and sliced strawberries
- Micro-herbs and edible flowers (optional), to serve

Method

Place the coconut, chia seeds, coconut milk, coconut water, vanilla, maple syrup and salt in a bowl and mix until very well combined. Soak in the fridge for at least 2 hours.

This is an edited extract from [The Healthy Model](#) published by Lantern.

```
function displayNutrition(msg) { $('<div class="nutrition-label-container">').text(msg); $('<div class="nutrition-label-container">').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { // $('<div class="result">').html(data); alert('This recipe was added to your favorites list'); }); }
```