



STRAWBERRY CHIA SEED PUDDING

Chia seeds are a great way to get some omega 3 into your diet. Enjoy this pudding with a side of coconut yoghurt or Greek yoghurt for added probiotic benefits.

Ingredients [Makes 1-2 servings]

- 1 cup unsweetened coconut milk
- 2 tablespoons shredded coconut
- 1/4 teaspoon stevia or Natvia, or 1 tsp of honey
- 2 tablespoons chia seeds
- 1 banana
- 1 cup strawberries (thawed if frozen)

Instructions

Mix all ingredients together and let sit in the fridge until a pudding-like texture is created.

Recipe by Michelle Yandle