



Eternal Health

OPTIMUM NUTRITION AND INSPIRED LIVING

Chia seed & Mango Pudding

Serves 1 (large serving)

GL

Per serving: 12

Ingredients

¼ cup chia seeds

170ml coconut milk (from a tin)

1 small, ripe mango blended with a table spoon of orange juice



Method

- ❖ Method
- ❖ Stir the chia seeds into the coconut milk and place in the fridge for 45 minutes to an hour to solidify.
- ❖ Blend the mango flesh with the orange juice to the consistency that will pour, but not runny.
- ❖ Once the chia seeds have thickened, layer the chia seeds then mango puree in a container of your choice. A glass container is a good idea to see the beauty of the layers. Two layers of each is sufficient. Top with a sprig of mint.
- ❖ Eat straight away or chill in the fridge and eat later – preferably within 24 hours – and enjoy!



*Serve for breakfast or as a pudding.
Try pureed blueberries or kiwi slices on top.*