

Coconut Chia Pudding

Pudding de chia à la noix de coco

- 5 min
- Easy
- 240 kcal per serving
- Breakfast
- Snack
- Vegan
- Gluten-Free
- Quick



Ingredients

FOR ONE SERVING

Chia seeds <i>(Graines de chia)</i>	40 g
Coconut milk <i>(Lait de coco)</i>	200 ml
Maple syrup <i>(Sirop d'érable)</i>	1 tbsp
Mango <i>(Mangue)</i>	0.5

Nutrition facts

PER SERVING

Calories	240
Protein	6 g
Carbohydrates	22 g
Fat	14 g
Fiber	10 g

Preparation

- 1 Stir the chia seeds, coconut milk, and maple syrup together in a bowl or jar until well combined.
- 2 Let the mixture sit for 5 minutes, then stir again to break up any clumps.
- 3 Cover the bowl or jar and refrigerate for at least 2 hours, or until the pudding has thickened.
- 4 While the pudding chills, dice the mango into small pieces.
- 5 Spoon the chia pudding into bowls or glasses.
- 6 Top with the diced mango and serve chilled.

GOOD TO KNOW

Stir once more after the first 5 minutes so the chia seeds thicken evenly.