



Blueberry & Coconut Chia pudding



Makes 1 serving. Cooking time 10mins

Ingredients

half a tin of coconut milk
hand full of blueberries (fresh or frozen)
1/4 cup of chia seeds
1tsp of vanilla extract
2tsp of cinnamon

to garnish add a sprinkle of cacao nibs, flaxseed, any berries & coconut chips or desiccated.

Method

In a blender blend everything together apart from the chia seeds. Once all mixed in, in a breakfast bowl that you want to have your chia pudding in add the chia seeds to the mixture and stir until all of the chia seeds are in the mixture leave to soak either for 1 hour or over night so that the chia seeds have had time to expand. Once you take it out of the fridge you might have to add a little more milk or add a table spoon of your favourite yogurt. Mine is Coyo dairy free coconut yogurt. Then add your garnish and enjoy this very healthy yummy breakfast treat.