

Chia Seed Pudding with Fruit Serves 2

Ingredients

- 4 T Chia seeds
- 4 T Water
- 6 T Lite coconut milk
- 6 T Sliced apricots and/or feijoas
- 1 t Honey

Method

Soak the chia seeds in water for 5 - 10 minutes or until the seeds start to swell.

Stir in coconut milk let and leave it in the fridge for 5-10 minutes until it turns into a gel texture.

Serve with fruit on top with a drizzle of honey.



Tip: any fruit works well – choose something in season. For a variation try bananas served with Greek yogurt.