



# Ingredients

Coconut Milk\*

Chia Seeds\*\*

Maple Syrup

Vanilla

# Instructions

- Soak the chia seeds\*\* in coconut milk\* for a minimum of 20 minutes, or overnight.
- Add a dollop of maple syrup and a touch of vanilla.
- Experiment with the amounts.
- Get to know how the seeds and the flavors work together.



## Coconut Chia Pudding

### How many chia seeds should you start with?

If you are new to chia seeds or have had any digestion challenges, begin with 1 tsp of chia seeds and slowly work up to 1 Tbsp of chia seeds.

### How much coconut milk?

You're making a small serving of chia pudding, which can be made fresh daily. You'll want a minimum of  $\frac{1}{4}$  cup of the milk of your choice for a tsp of chia seeds. Get to know how it works, what happens when you soak the seeds. You'll learn what your preferred consistency and quantities are.

### When do you eat this?

I recommend beginning with your mornings to help with digestion. It can be added to your morning meal.