



Coconut Chia Pudding with Fruit Compote ~ Allon-Z!

2 servings

1 hour

Ingredients

- 2 tbsps Chia Seeds
- 1/3 cup Canned Coconut Milk (reduced fat)
- 1/3 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1 cup Frozen Mango (or any other frozen fruit you like)

Directions

- 1 Divide chia seeds into small cups or containers with lids if you are on-the-go.
- 2 Combine coconut milk, almond milk, and vanilla extract in a blender. Mix until smooth but not foamy - you can also do this in a bowl with a whisk or a fork.
- 3 Pour milk over chia seeds and stir with a fork. Let stand 5 minutes then stir again. Let chia seeds set at room temperature for about 10 minutes, then refrigerate for about one hour or until chia seeds have completely set.
- 4 While pudding is setting in the fridge, cook frozen mango or other fruits in a small sauce pan with 2 tablespoons of water for about 20 minutes. Mash with a fork or blend in the blender for a smoother result.
- 5 When pudding is ready, divide fruit compote into the cups and enjoy right away or let the fruit purée cool down if you would rather have your pudding nice and cold.

Notes

Leftovers: Refrigerate in an airtight container up to five days.

Like It Sweet: Add maple syrup, honey, or other sweetener if you wish.

Additional Toppings: Top with shredded coconut, berries, banana slices, nuts or bee pollen.

No low-fat coconut milk: You can use regular coconut milk, but I find that the extra fat and calories are not worth it and it can make this pudding actually a little too rich. See what you like best!