

Coconut Berry Chia Pudding

- 1/4 cup chia seeds
- 1 cup coconut milk
- 1 Tbsp unsweetened shredded coconut
- 1 Tbsp maple syrup
- 1/2 cup berries—blackberries, raspberries or blueberries



1. Place first four ingredients in a pint mason jar. Cover with a tight-fitting lid and shake well to combine. Store in the fridge overnight.
2. To serve, uncover pudding and stir. Can be poured out into a bowl to serve or eaten from the jar. Top with berries before eating.