

Coconut chia pudding

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Coconut chia pudding

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This coconut chia pudding not only serves as a breakfast but can also be a tasty dessert.

Ingredients

- ½ cup (25 g) flaked coconut
- ½ cup (5 g) chia seeds
- 1 cup (250 ml) coconut milk
- 1 cup (250 ml) coconut water
- 1 tsp pure vanilla extract
- ¼ cup (85 g) pure maple syrup, plus extra for drizzling
- ¼ tsp sea salt
- ½ cup (70 g) macadamias, lightly toasted and crushed
- Seasonal fruit, such as mixed berries, pomegranate seeds, figs, grapes, and sliced strawberries
- Micro-herbs and edible flowers (optional), to serve

Method

Place the coconut, chia seeds, coconut milk, coconut water, vanilla, maple syrup and salt in a bowl and mix until very well combined. Soak in the fridge for at least 2 hours.

This is an edited extract from [The Healthy Model](#) published by Lantern.

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