

Berry & Coconut Chia Puddings

Serves 6 – gf, df, v

2 ½ cups (625ml) Coconut Milk

1/3 cup (55g) Chia Seeds

1 teaspoon Vanilla Extract

2 Table spoons Golden Syrup (or honey/ maple syrup)

1 medium Banana (200g) chopped

1 Table spoon grated orange rind

3 cups (300g) Mixed Berries

1. Place coconut milk, seeds, vanilla and syrup in a large bowl; cover & refrigerate for 1 hour
2. Blend/ process coconut milk mixture with banana, rind and 2 cups of the fruit. Spoon into 6 serving glasses; refrigerate for 30 min or until pudding has thickened. Top with remaining fruit to serve.