



BLUEBERRY & VANILLA CHIA PUDDING

INGREDIENTS (serves 2)

- 50g chia seeds
- 240ml almond milk (or coconut milk)
- 2 tbsp coconut yoghurt
- 1 tsp vanilla extract
- 2 tbsp blueberries, fresh or frozen

METHOD

Mix all the ingredients together.

It takes about 60 mins for the chia seeds to absorb the liquid and turn into a pudding. Best left in the fridge overnight.

Give the pudding a good stir before eating.