

Quick & Easy Coyo Chia Pudding

6 ingredients · 20 minutes · 2 servings



Directions

1. Add chia seeds and water to bowl and mix well.
2. Leave to sit for 10-15min or until chia seeds have absorbed all the water and has turned into a gel like texture (take this time for a shower, cup of tea, check emails, etc.).
3. Then add HALF the coconut yogurt to chia gel and mix thoroughly.
4. Mix honey in and divided mixture between two glasses or small bowls.
5. Pour the remaining coconut yogurt onto mixture and top with jam (2Tbsp per glass) and your selected fruit.
6. Serve straight away or store in fridge for up to 48hours.

Ingredients

- 2 tbsps** Chia Seeds
- 1/4 cup** Water
- 1 cup** Unsweetened Coconut Yogurt (keep in mind you'll use one half at a time)
- 1 tbsp** Raw Honey (or your favourite sweetener)
- 2 tbsps** Jam (or similar)
- 1 piece** Fruit For Toppings

Nutrition

Calories	201	Fiber	4g
Fat	8g	Sugar	18g
Saturated	3g	Protein	2g
Trans	0g	Cholesterol	0mg
Polyunsaturated	0g	Sodium	32mg
Monounsaturated	0g	Iron	1mg
Carbs	33g	Folate	0µg