



RASPBERRY COCONUT CHIA PUDDING

INGREDIENTS:

- 12 oz. **Fresh or Frozen Raspberries**
- 2 cans full-fat **Coconut Milk**
- 1 cup **Chia Seeds**
- 3 T. **Honey**
- 2 tsp. **Vanilla Extract**



DIRECTIONS:

1. Rinse berries (if using fresh) under cold running water, drain well.
2. Add berries to blender with coconut milk, honey, and vanilla. Blend well.
3. Next you want to blend the chia seeds into the liquid mixture. You can do this a few ways: Add the chia seeds straight into the blender and whip it all up together, or add the chia seeds to a large bowl, pour the liquid mixture over, and blend together with electric beaters, a whisk, or fork, by hand.
4. Stir all together very well, making sure there are no lumps while you whip/incorporate some air into the pudding.
5. Cover the bowl and place in the refrigerator for at least 2 hours (or overnight). The chia seeds soak up the liquid and turn into tiny jelly balls with a crunchy core. Stir and fluff the pudding once more before serving. Store in the refrigerator.

Optional to garnish with raw cacao, shredded coconut or fresh fruit.

For more information or personalized nutrition & holistic wellness consults please contact us:

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