

Blueberry & Coconut Chia Pudding

Serves 2

2 cups coconut milk

Zest of 1/2 lemon

1 tablespoon maple syrup

1/2 cup white chia seeds

Yoghurt, toasted coconut and fresh blueberries to serve



Whisk the coconut milk, lemon zest, maple syrup and chia seeds in a medium – large bowl. Wait 5 minutes and whisk again, then again in another 5 minutes. Pour into individual cups and set in the fridge for at least 2 hours (overnight is best), stirring during this time if needed to break up the chia seeds.

Top with yoghurt, toasted coconut and fresh blueberries to serve.