DietCloud – Recipe

Recipe Name: Coconut Chia Pudding Recipe

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/4 cup Chia Seeds	4
• 1 1/2 cup Tender coconut water	
• 2 tablespoon Coconut milk - thick	
• 1 Orange - zest	
• 1/4 cup Blueberries	
• 1 tablespoon Pistachios - crushed	
• Honey - optional	
• Mint Leaves (Pudina) - a few	

Preparation

• To begin making the Coconut Chia Pudding recipe, Mix chia seeds and coconut water in a bowl and set aside.
• After 15 minutes mix again to remove any lumps and now refrigerate this for 3 to 4 hours or overnight.
• Stir in the coconut milk just before you serve add the berries and the nut powder and zest 1 orange over the pudding and garnish with mint leaves.
• Enjoy Coconut Chia Pudding with a cup of tea or a glass of juice for a healthy breakfast.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)