

Vanilla Chia Seed Pudding

Dairy free. No refined sugar. Delicious.



INGREDIENTS:

1 cup full fat coconut milk,
(just the cream at the top
of the can)

1/4 cup coconut water

2 tablespoons chia seeds

2 teaspoons honey

1 teaspoon vanilla extract

DIRECTIONS:

1. Add all ingredients together in a small bowl. Using a whisk, mix ingredients until combined.
2. Cover with plastic wrap, place in the refrigerator and let sit overnight.
3. Serve with fresh fruit, nuts, or honey.

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