

Coconut Chia Pudding

Recipe by Danielle Premo

This pudding is a light treat that also works well as an alternative to yogurt.

Preparation time: 10 minutes

Chilling time: 3 hours

Ingredients

- 1 (14-ounce) can light coconut milk
- 1 tablespoon grade B maple syrup
- 2 tablespoons honey
- 2 teaspoons vanilla extract
- ¼ teaspoon salt
- ¼ cup chia seeds

Topping

Fresh seasonal berries

Directions

1. In a bowl, mix together the coconut milk, maple syrup, honey, vanilla and salt.
2. Once blended, stir in the chia seeds. Cover the bowl and refrigerate for at least 3 hours, stirring once.
3. Serve with fresh berries.

Serves 4 to 6

Class recipes can be found at www.evergreenhealth.com/recipes