



# Coconut Chia Pudding

While I was visiting my sweet girl this weekend at her campus in Lakeland. She brought me to this famous smoothie bowl place and I had the best chia pudding I tasted, well other than the one I tasted in New Zealand. However, this one was very close. So last night I decided I will prep my chia pudding and in the morning assemble it.

## Ingredients

3/4 cup coconut milk + 3 Tbsp water

1 tsp vanilla extract

1 tsp cinnamon powder

3 Tbsp chia seeds

walnuts, flaxseeds, blackberry, MCT oil, honey, (topping)

In a mason jar, combine all the ingredients as listed above and stir. Let sit for one minute. Then stir again and refrigerate overnight.

Next morning top with the toppings listed above and enjoy!