

Sticky Mango & Coconut Chia Pudding



Chia seeds are not only delicious, but they're a nutritional powerhouse. These pretty cups are perfect for entertaining.

Ingredients

420 g can coconut milk

1 tbsp raw honey (or pure maple syrup)

1/2 cup of chia seeds

2 cup of fresh mango cut into cubes

Method:

1. In a large bowl, whisk the coconut milk and honey until nicely combined.
2. Add the chia seeds and stir well.
3. Cover with cling wrap and rest for 20 minutes.
4. Stir to dissolve any clumps, cover and let them soak overnight in the refrigerator.
5. Spoon evenly across 4 glass serving cups.
6. Pile high with freshly cut mango.