



Tropical Chia Pudding

SERVINGS: 1 JAR

PREPPING TIME: 5 MINS

COOKING TIME: 5 MINS
+ 2 HRS SOAKING TIME

INGREDIENTS

2 tbsp. chia seeds
1/2 cup low-fat milk
1/2 cup nonfat plain Greek yogurt
1/2 tsp. vanilla extract
1 tbsp. honey
1/2 cup cubed mango
1 tbsp. dried unsweetened coconut,
shredded
1 tbsp. sliced almonds, toasted
Fresh mint leaves, for garnish

DIRECTIONS

1. In a large mason jar or container, add the chia seeds, milk, yogurt, vanilla extract, and honey. Whisk until thoroughly combined, scraping the sides of the jar with a spoon or spatula, if needed.
2. Refrigerate for at least 2 hours or up to overnight.
3. Meanwhile, in a small skillet over medium-low heat, toast the coconut and almonds until golden brown, about 4-5 minutes. Let cool and store in a zip-top bag or small Tupperware container until ready to use.
4. When ready to eat, transfer the pudding into a serving bowl.
5. Top each with mango, shredded coconut, toasted almonds, and fresh mint leaves.

NUTRITION

Serving size: 1 jar (270g)
(per serving) 370 calories, 14g fat, 2.5g saturated fat, 10mg cholesterol, 105mg sodium, 44g carbohydrate, 12g fiber, 27g sugar, 21g protein