Mango Chia Pudding

SERVINGS: 2   PREPPING TIME: 10 MINS   COOKING TIME: 5 MINS

INGREDIENTS

1/2 cup chia seeds

2 cups soy milk

1 tsp. vanilla extract

1 ripe mango, peeled and cubed

2 tbsp. toasted coconut flakes

DIRECTIONS

1. Whisk the chia seeds, soy milk, and vanilla extract together in a bowl. Place in the fridge to set for at least an hour or overnight.
2. While the chia pudding is setting, peel a mango and remove the flesh. Place mango flesh in a high-powered blender and blend until smooth. Set aside.
3. Once the chia pudding has set, spoon the chia pudding into a jar until one-third of the way, and top with mango puree, and repeat again with one more layer of chia and mango pudding, ending with another layer of chia pudding on the top.
4. Repeat with the second jar and top with toasted coconut to garnish.

NUTRITION

Serving size: 1.5 cups
(per serving) 283.2 calories, 14.1g fat, 3.6g saturated fat, 0mg cholesterol, 71.5mg sodium, 30.9g carbohydrate, 12.2g fiber, 16.6g sugar, 11.3g protein