

WILDY SIMPLE COCONUT CHIA PUDDING



The
KORU JOURNEY
Sarah Louise

This is my go to breakfast, snack and latest obsession! I bring it as a gift to all postpartum home visits.

It's heavenly! So creamy, satisfying and healthy loaded with omega 3 fatty acids, protein, antioxidants and fiber.

Ingredients:

- 1 can or 1.5 cups coconut cream or milk (I rinse can with water, fill halfway and add that too)
- 1/3 cup chia seeds
- 1-2 tablespoons honey
- 1-2 teaspoon cinnamon
- 1 teaspoon vanilla
- pinch of salt



Directions:

1. Whisk ingredients
2. Set in the fridge overnight.

Top extravagantly! Add fresh berries, chopped bananas, or any fruit you have on hand. Sprinkle with hemp hearts.



Tip: I prefer Cha's organic coconut milk.
Let me know if you try it.

Sarah Barnett