

Banana Mango Chia Pudding

4 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Chia Seeds
1 3/4 cups Canned Coconut Milk
2 1/2 tbsps Maple Syrup
1 tsp Vanilla Extract
1 Mango (cubed)
1 Banana (sliced)

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with coconut milk, maple syrup, and vanilla. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 Top the chia pudding with mango and banana. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	378	Carbs	37g
Fat	24g	Protein	5g