

# Blood Orange & Pistachio Chia Pudding

2 SERVINGS 25 MINUTES



## INGREDIENTS

2 Blood Orange (small)  
1/4 cup Chia Seeds  
1/2 cup Unsweetened Coconut Yogurt  
1 tbsp Pistachios (roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

|          |     |         |     |
|----------|-----|---------|-----|
| Calories | 238 | Carbs   | 32g |
| Fat      | 12g | Protein | 6g  |

## DIRECTIONS

- 01 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 02 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 03 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!