

# Matcha Chia Pudding

3 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)
- 1 cup Unsweetened Almond Milk
- 2 tsps Green Tea Powder
- 1/4 cup Chia Seeds
- 1/2 Avocado
- 3 tbsps Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	407	Carbs	26g
Fat	32g	Protein	5g

## DIRECTIONS

- 01 Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
- 02 Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
- 03 Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!