

Coconut Yogurt Chia Pudding

1 SERVING 30 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
3 tbsps Chia Seeds
1/4 cup Unsweetened Almond Milk
1/2 cup Frozen Strawberries
1 1/2 tbsps Almond Butter

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.