

# Coconut Banana Chia Seed Pudding

Original Recipe by Shawna Horton for Power Nation Family



## Ingredients:

2 ripe bananas  
1 can coconut cream  
6 Tbs. chia seeds

½ tsp. vanilla extract (optional)  
Cinnamon, for topping or to taste

## Directions:

In a bowl, mash bananas with fork. Add coconut cream and stir. Add chia seeds to mixture and stir until combined. Refrigerate for 30 minutes. Remove from refrigerator and stir. Add vanilla extract (optional) and stir. Spoon pudding into small ramekins or small mason jars and top with cinnamon.

\*Optional: for a sweeter pudding, add 1-2 T of maple syrup OR 4 dates (If adding dates: use blender to combine coconut cream and dates before adding to the remaining ingredients)