



Simple | Healthy | Delicious

Chia Banana Coconut Pudding

INGREDIENTS

4 tablespoons chia seeds

3/4 - 1 cup coconut milk

1 banana

1 tablespoon maple syrup (optional)

Pinch celtic sea salt

Pinch cinnamon

1/4 cup coconut flakes



DIRECTIONS:

1. Blend all ingredients except coconut flakes together until smooth.
2. Stir in coconut flakes, and let sit approx. 15 minutes or until thick.