

# Chia Banana Coconut Pudding

simple  
healthy  
delicious

## Ingredients

- 4 tablespoons Nature's Earthly Choice™ Chia Seeds
- ¾ - 1 cup coconut milk
- 1 banana
- 1 tablespoon maple syrup (optional)
- Pinch celtic sea salt
- Pinch cinammon
- ¼ 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.

