



COCONUT CHIA OVERNIGHT PUDDING



INGREDIENTS

ITEM

QUANTITY

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|-----------------------------------|--------|
| • Chia Seeds | 2 tbsp |
| • Unsweetened Carton Coconut Milk | ¾ cup |
| • Lactose-free Greek Yogurt | ½ cup |
| • Blueberries | ¼ cup |
| • Maple Syrup (Optional) | 1 tsp. |

SERVING SIZE

1



PREPARATION

- Mix chia seeds, coconut milk, yogurt, and maple syrup.
- Refrigerate overnight.
- Top with blueberries before serving.