



LEMON COCONUT CHIA PUDDING



INGREDIENTS

ITEM	QUANTITY
• Chia Seeds	¼ Cup
• Lactose-free Milk	1 Cup
• Canned Light Coconut Milk	¼ Cup
• Granulated Cane Sugar	2 Tbsps.
• Vanilla Extract	1 Tsp.
• Fresh Lemon Juice	1 Tbsp.
• Lemon Zest	1 Tsp.

SERVING SIZE 1



PREPARATION

- Add chia seeds, lactose-free milk, coconut milk, sugar, vanilla, lemon juice, and lemon zest to a bowl or jar.
- Whisk thoroughly until all chia seeds are evenly distributed.
- Allow mixture to sit for 10 minutes, then whisk again to prevent clumping.
- Cover and refrigerate for at least 4 hours or overnight.

- Stir before serving and add additional lemon zest, if desired.