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## ***Chia Seed Coconut Milk Pudding***

*~4 servings*

### ***Basic Ingredients:***

- 2 cups canned full fat coconut milk (such as Native Forest)
- ½ cup Chia Seeds
- ¼ cup sweetener (maple syrup, coconut nectar, agave syrup, honey)
- ½ teas vanilla extract
- 4 small containers ~1/2 cup sized dessert bowls or jars

### ***Directions:***

1. For smoother version: place ingredients into a blender. Blend until smooth ~ 2 minutes.
2. For whole chia seed version: place ingredients into the blender except the chia seeds. Blend until smooth ~2 minutes. Place the ingredients into a bowl and whisk in the chia seeds until blended.
3. Pour into 4 small containers and place in the refrigerator for at least 4 hours to let gel.  
Enjoy!

### ***Variations:***

1. Chocolate – add ¼ cup plain cocoa powder when blending.
2. Strawberry, Berries, or Bananas – add ½ cup fresh fruit when blending. Some chopped fruit may be added when whisking in the chia seeds if desired.
3. Chai – add 1 teas ground cinnamon and a pinch of cardamom and cloves when blending.
4. Peanut Butter and Jelly – add 3 tbsp natural peanut butter, Sunbutter, or other nut butter and 3 tbsp of your favorite jelly when blending.

5. Increased Protein – add 2 – 4 tbsp of collagen, bone broth, or other protein powder when blending.