

CHIA PUDDING



CHIA PUDDING INGREDIENTS

- 48 oz milk (1 bottle unsweetened Califia almond milk)
- 1 3/4 cup chia
- 1 Tbl vanilla extract
- 3 Tbl maple
- 2 Tbl honey (raw, honey, or manuka)
- 3/4 tsp salt

FRESH WHIPPED COCONUT CREAM INGREDIENTS

- 2 cans coconut milk, opened and poured into a container and stored in the fridge overnight
- 2 teaspoons good vanilla extract
- Maple syrup, raw honey, or liquid stevia to taste
- Pinch Celtic sea salt

TO LAYER

- Chilled fresh whipped coconut cream (recipe below)
- Fresh berries

DIRECTIONS FOR THE FRESH COCONUT WHIPPED CREAM

1. Remove the firm top part of the coconut milk and leave the liquid for another purpose, such as a smoothie or a curry. Place the firm/top part of the coconut milk in a blender or mixer. The mixer works best, but a blender will work okay as well.
2. Add the vanilla, sweetener, and salt.
3. Blend or whip on low and slowly increase until the mixture looks like whipped cream. You may need to scrape the sides down and do it again.
4. Experiment with flavors such as a bit of lemon zest, orange test, nut extracts, liquors, etc.

DIRECTIONS FOR THE CHIA PUDDING

1. Whisk the ingredients in a large bowl for the pudding.
2. Let the chia pudding sit in the fridge for a couple of hours until it firms up. No worries if it hasn't completely soaked up the liquid, as it will continue to once it is in the layered form.
3. Layer with fresh whipped coconut cream and fresh berries, and enjoy!