

Chia Pudding with Coconut

Yield: 8 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, reduce the quantity of fig/dates to 4 individual figs/dates

Ingredients

1 cup dates or figs, pits removed
2 cups coconut milk
⅓ cup chia seeds
¼ tsp Chinese five spice
1 pinch salt, kosher
Coconut flakes, nuts, diced mango, kiwi (optional)

Directions

1. Place dates or figs and coconut milk (2 cups) in the bowl of a blender, and purée until well combined.
2. Pour purée into a sealable container, and add the chia seeds (⅓ cup), Chinese five spice (¼ tsp), and a pinch of salt. Stir well.
3. Cover and refrigerate overnight or at least a couple hours.
4. Garnish with coconut flakes, nuts, diced mango, or kiwi.



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Nutrition Facts

Serving size 1 (2.9oz)

Amount Per Serving **83g**

Calories **198**

% Daily Value

Total Fat 14.3g **22%**

Saturated Fat 10.9g **55%**

Cholesterol 0mg **0%**

Sodium 300mg **13%**

Total Carbohydrate 18g **6%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g **6%**

Vitamin A **0%**

Vitamin C **1%**

Calcium **6%**

Iron **15%**