

Vanilla Chia Pudding

Chia seeds absorb up to 10 times their weight in liquid. The longer you soak them, the more liquid they absorb. A pudding you make and eat on Saturday morning may be solid by Sunday morning so just add more liquid to loosen it. This pudding is very high in healthy fats and energy in general so watch the portion size. 2 Tablespoons soaked makes a nice dessert with some berries and seeds. ¼ - ⅓ cup would be enough for breakfast.

Ingredients

(serves 4 - 8)

1 teaspoon vanilla powder

2 tablespoons maple syrup

200ml coconut milk*

200ml water (plus extra if you do not eat straight away)

⅓ cup chia seeds

*You can use any milk and/ or water combination of choice. Coconut water or pureed fruit also work well. The more milk you use, the creamier the pudding.

Method

1. Combine all wet ingredients and mix well.
2. Stir in the chia seeds. Stir every 5 minutes for 30 minutes - 2 hours. Add more liquid if desired.
3. Serve chia pudding in a small bowl with a drizzle of coconut milk, berries and seeds.

For the **chocolate version**, dissolve ½ - 1 tablespoon of cocoa or cacao in 2 tablespoons of boiling water and stir well to remove lumps before adding to the pudding.

Nutrition Tips

Dark chocolate (cocoa) lowers blood pressure and cholesterol, is high in antioxidants and helps to control blood sugar.

Chia seeds are high in healthy Omega 3 fatty acids, protein and fibre. They are a rich source of calcium, Phosphorous, Manganese, Iron, Magnesium and Zinc.

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