



Cooking
in the
Kitchen
at **Olum's**

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Cooking Delicious Recipes
that are Easy & Nutritious!
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Mango Chia Seed Pudding

Yield 4 servings

Ingredients:

- 2 cups coconut milk
- ½ cup chia seeds
- 1 Tbsp. agave nectar (maple syrup or honey would also work)
- 1 tsp. vanilla
- 2 mangos, cut into bite-size cubes (about 2 cups)

Directions:

1. In a mixing bowl combine the coconut milk, chia seeds, agave nectar, and vanilla. Stir well together, cover and let refrigerate overnight (or for at least 2 hours) to allow the pudding to thicken.
2. Once the milk and chia seed mixture has turned thick like pudding, divide the pudding among 4 serving dishes and top with the cut mango.

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