

COCONUT & CHIA PUDDING WITH RASPBERRY COULIS

Serves 2



Ingredients

- 1/4 cup desiccated
- 1/4 cup chia seeds
- 3/4 cup full fat coconut milk
- 1/2 cup coconut water
- 1 tsp pure vanilla extract
- 1/4 tsp salt

Method

- In a small bowl, add coconut, chia seeds, coconut milk, coconut water, vanilla and salt and mix until very well combined.
- Place in the refrigerator and allow to rest for at least 2 hours
- **Optional:** Serve with fresh raspberry coulis.

• Raspberry Coulis.

Ingredients

- 1 cup of raspberries (fresh or frozen)
- 1 tablespoon of caster sugar
- ½ a cup of water

Method

Combine all of the ingredients in a blender until smooth (or for a thermomix: blend for 20 seconds on speed 4 or until smooth), then serve through and on top of your Coconut Chia Pudding.

