Coconut Chia Pudding

Serving size: ½ cup, makes 6 servings
Prep time: 3 minutes
Total time: 3 minutes

Ingredients

- 2 cups unsweetened coconut milk
- ¼ cup chia seeds
- 1 Tbsp honey or agave nectar (or more to taste)
- ¼ tsp cinnamon
- 1 cup berries of your choice
- 1 Tbsp unsweetened shredded coconut

Preparation

1. In a small bowl or large jar, stir together the coconut milk, chia seeds and your choice of sweetener (sugar or agave nectar) and cinnamon.
2. Chill in the refrigerator for at least 4 hours or until the chia seeds puff and expand.
3. Pudding may be stored in an airtight container in the refrigerator for up to 3 days.
4. Before serving, stir once and spoon about ½ cup of pudding into serving dishes.
5. Garnish with ¼ cup berries and about ½ Tbsp of coconut flakes and serve immediately.

Nutritional Information
Per serving (without toppings)
Calories: 81,   Total Fat: 4g,   Saturated Fat: 1g,   Cholesterol: 0mg
Total Carbohydrate: 12g,   Dietary Fiber: 4g,   Sugar: 6g
Protein: 2g,   Sodium 9g

Adjusted from: http://www.rachaelray.com