

Fresh Raspberry, Coconut & Vanilla Chia Puddings

By Ashley Alexander

Gather & Feast

These chia puddings make the perfect breakfast or snack and are super quick and easy to prepare and have on hand in the fridge for when you're short on time. The fresh raspberries, lime zest, and juice create the perfect zingy combination that complements the sweet and creamy chia pudding so well. Chia seeds are also rich in protein, antioxidants, and omega-3, among other nutrients.

SERVES 6 | **PREP TIME** 15 minutes | **TOTAL TIME** 15 minutes + overnight chilling

INGREDIENTS

Chia pudding

- 2 cups thick unsweetened coconut yoghurt
- 1/2 cup water
- 1/4 cup pure maple syrup
- 1 tablespoon vanilla
- 4 tablespoons chia seeds
- 125g fresh raspberries
- Zest of 1 lime
- Juice of 1/2 lime

Toppings

- 125g fresh raspberries
- A few fresh mint leaves
- A drizzle of pure maple syrup
- A sprinkle of hemp seeds (optional)
- More fresh lime zest (optional)

METHOD

1. In a medium-sized mixing bowl, whisk together the coconut yoghurt, water, maple syrup, vanilla, and chia seeds together until well combined.
2. Cover the bowl and place it in the fridge to set overnight.



3. When you're ready to serve, prepare the raspberry topping: In a small bowl, mash together 125g of fresh raspberries with the zest of 1 lime and the juice of 1/2 a lime. Set this mixture aside.
4. Scoop the chia pudding into individual serving bowls.
5. Top each serving with the mashed raspberry and lime mixture, a handful of whole fresh raspberries, a drizzle of pure maple syrup, a little extra lime zest, and some fresh mint leaves for garnish.
6. Optionally, sprinkle with hemp seeds for added texture and nutrition.
7. Store any leftover chia pudding in an airtight container in the refrigerator for up to 5 days.

NOTES

These chia puddings are perfect for meal prep. Prepare them in advance, and they'll keep well in the fridge for up to 5 days.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/fresh-raspberry-coconut-vanilla-chia-puddings>

Let me know if you make the recipe! x **@gatherandfeast**