Mango and/or Blueberry Chia Seed Coconut Pudding Gluten Free

SERVINGS: 4 - 6
PREP TIME: 10 mins
FRIDGE TIME: 30 mins or overnight

METHOD

1. Depending on what fruit you are using, decide on the ratio of each, it can be easily adaptable. For example 1 large mango blended into a puree in the food processor. 1 large mango chopped into small cubes, 100g blueberries for the garnishing.
2. Add the chia seeds, coconut milk and puréed mango to a mixing bowl and whisk together.
3. Then add in the chopped mango and mix it in, saving some cubes to use for a topping.
4. Place the mixture into the fridge for 15 minutes and then bring it out and give it a stir and then put it back into the fridge for another 15 minutes or overnight.
5. Garnish with the remaining fruit, nuts etc and serve in separate bowls / glasses or family style.

TIPS

*Depending on if you are using light or full fat coconut milk, this will affect the amount of chia seeds you use. Just remember the more chia seeds the thicker the consistency. I tend to estimate at 3tbsp chia seeds for every cup of light coconut milk.
**There are varying consistencies of Coconut Milk. I like using a lighter Coconut Milk version and more Chia Seeds, some like to use full fat Coconut milk and less chia seeds. Best way is to trial and error. The good thing with this pudding is it is easily adjustable, and you can always add in more liquid or thicken it up with more chia seeds.

INGREDIENTS

510g or 2 Large Fresh Mangoes, peeled and cored **and /or**
500g (2 & 2/3 cups) Blueberries -can combine both Mangoes and Blueberries to make up to a total of around 500g or less of fruit – gauge depending on desired sweetness
6tbsp Chia Seeds*
480ml (2 cups) Coconut Milk**

Garnish:
-Save some fruits, chopped nuts, toasted coconut flakes, chocolate shavings etc for garnishing the top
-Maple syrup can be drizzled on top if not sweet enough (however, I don't normally use as think the mangoes have enough sugar)

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