

## STRAWBERRY CHIA PUDDING

This is such an easy recipe when I feel I want something sweet and healthy. Chia seeds are a great source of Omega-3 (the vital fats that protect against inflammation). They can also help your diet by making you feel full. This is because they absorb 10 times their weight in water, forming a bulky gel.

### INGREDIENTS

- 2 cups of coconut milk
- 1 cup of almond milk
- 1 cup of fresh organic strawberries, approx. 12-14
- 1 packet of stevia
- 1/2 cup of chia seeds

### METHOD

1. Place the coconut milk, almond milk, strawberries, and sweetener in a blender till smooth.
2. Then pour the mixture in a glass bowl and stir or whisk in chia seeds.
3. Cover and place in refrigerator for at least 30 minutes, until set.

