

Mango Chia Seed Pudding



Serves 4



10 minutes prep + 2 hours chilling



Summer



Mango



INGREDIENTS:

- 8 tablespoons chia seeds
- 2 cups milk
- 2 tablespoons maple syrup
- 1 cup mango, cut into small pieces

METHOD:

1. Put the chia seeds, milk, and maple syrup in a bowl. Stir well so the seeds don't clump together.
2. Let it sit for 2–3 minutes, then stir again.
3. Put the bowl in the fridge for at least 2 hours. It will get thicker as it chills.
4. Add the chopped mango on top just before you serve it.

TIPS:

- To make it vegan, use plant-based milk like almond, soy, oat, or coconut milk.
- You can use any sweetener you prefer, like honey, agave or stevia.
- The pudding will stay fresh in the fridge for up to 5 days.
- If you are preparing it ahead of time, store the pudding and mango separately and add the mango on the day you eat it.
- Mango skins can be composted.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.