Tropical Chia Pudding

Prep Time 15 mins Total Time 8 hrs 30 mins

Meal Type Contributed By Breakfast

LivingPlate®

Source <u>Living Plate</u>

Servings



Ingredients

- 1 cup unsweetened almond milk (or sub another milk)
- 1/3 cup chia seeds
- 1 tsp vanilla extract
- 2 tsp maple syrup
- 2 tsp unsweetened coconut flakes
- 1/3 cup macadamia nuts, raw, chopped
- 1 mango (or 1 cup frozen defrosted)

Directions

Prep

- 1. Add milk, chia seeds, vanilla, and maple syrup to mason jar with lid. Shake vigorously and let stand for 10 minutes. Shake again and place in refrigerator overnight.
- 2. Remove pudding from refrigerator and stir. Place in serving dish and garnish with mango, unsweetened coconut flakes, and macadamia nuts.

Notes

If mango is not in season, use frozen mango!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition
Facts

451

Calories per serving

Amount/serving	% Daily Value*
Total Fat 30.2g	46%
Saturated Fat 7.4g	36%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 105mg	4%

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 30.2g	46%	Total Carbohydrates 43g	14%
Saturated Fat 7.4g	36%	Dietary Fiber 13g	52%
Trans Fat 0.0g		Total Sugars 26g	
Cholesterol 0mg	0%		
Sodium 105mg	4%	Protein 7g	
Vitamin D 1mcg 13% · Calciu	ım 446mg 44% · Iron	3mg 18% · Potassium 498mg 10	%

* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -

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