

# Tropical Chia Pudding

Prep Time 15 mins  
Total Time 8 hrs 30 mins

Meal Type Breakfast

Contributed By



Source [Living Plate](#)

Servings 2



## 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.

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

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