

Level 5 Minced and Moist Overnight mango Chia pudding (serves 2)

Ingredients

- 1 Cup light coconut milk, from a can
- 3 Tablespoons chia seeds
- 1 Tablespoon maple syrup, or sweetener of choice
- 1 Small mango, peeled

Method

- Stir together coconut milk, chia seeds and maple syrup.
- Let the mixture sit for 5 minutes then stir again to get out any lumps.
- Place mixture in the fridge to set, at least 30 minutes but can leave for up to 12 hours.
- While chia pudding is setting, peel the mango and remove flesh.
- Place mango flesh in a high powdered blender and blend until smooth.
- Once chia pudding has set spoon chia pudding into two jars.
- Top with a layer of mango puree and then continue to layer.
- Refrigerate any leftovers. Mango chia pudding should keep for at least 3-4 days.