

Guilt-Free Raspberry & Coconut Chia Pudding

This chia pudding really is delicious. My kids even asked if they could eat this little 'treat' for their evening meal. Now that's really saying something!

You would truly never know this meal was anything overly healthy and nutritious. It tastes amazing and really fills you up and sets you off on a great start to the day ahead.

Prepare the night before eating.

Ingredients:

- 1 cup frozen organic raspberries
- 1 small tin organic coconut milk
- 1 tsp. cinnamon
- Seeds from 1/2 a pomegranate
- 1/4 cup chia seeds

Method:

- 1) Blend the raspberries, coconut milk and cinnamon together in a blender.
- 2) Stir the chia seeds through the mixture.
- 3) Pour into a bowl.
- 4) Add half the pomegranate seeds and stir through. Place the remainder on top.
- 5) Place the bowl in the refrigerator overnight to set for a delicious morning breakfast.

