

# Fruity Chia Seed Pudding

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## INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 1/4 cup Chia Seeds ✓
- 1/2 TBSP Maple Syrup ✓
- 1 Cup Full Coconut Milk
- 1/4 tsp Himalayan Salt ✓
- 1 cup fresh fruit of your choice
- Pecans and dried blueberries for topping ✓

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## DIRECTIONS:

1. In a small bowl, add the coconut milk, chia seeds, salt, and maple syrup
2. Mix all the ingredients until very well combined
3. Put the bowl in the refrigerator for at least 3 hours
4. When ready to eat, top with 1/2 cup of your favorite fresh fruit, and top with pecans and blueberries