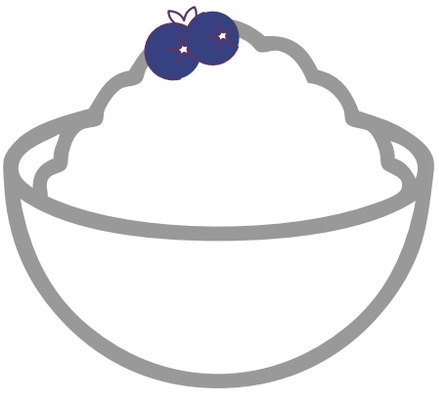


CHIA SEED AND COCONUT MILK PUDDING

INGREDIENTS
FOR 3 SMALL GLASSES

- 210 ml plant-based coconut milk;
- 6 tbsp chia seeds;
- Agave syrup (or honey);
- Fresh fruits (optionnal);



PREPARATION

- In each glass, pour 70 mL of coconut milk, 2 tsbp of chia seeds and a drizzle of agave syrup. Stir gently.
- Let sit for 5 minutes, then stir again.
- Refrigerate for at least 2 hours (ideally overnight.
- You can add a fruit coulis or fresh fruits depending on the season.

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