

Keto Coconut & Chia Pudding



This naturally sweetened low-carb coconut and chia pudding can be relished as a snack as well as a dessert. For a refreshing breakfast, freeze it the night before!

Ingredients for 2 serving (US/Metric)

- 1 *cup* Coconut milk
- 1.5 *tbsp* Chia seeds
- 0.5 *cup* Coconut water
- 2 *tsp* Vanilla extract

Nutrition (US/Metric)

- **Protein:** 7%
- **Fat:** 86%
- **Net carbs:** 7%

Instructions

1. Take a glass bowl and mix the coconut milk with chia seeds, coconut water, and vanilla extract.
2. If you like cinnamon powder, add that too. Mix well!
3. Cover the bowl and let it set in the fridge for an hour or overnight.
4. Serve the pudding garnished with juicy berries!