

BLUEBERRY & KIWI CHIA SEED PUDDING



Our Blueberry & Kiwi Chia Seed Pudding Is the perfect pudding packed with superfood power and great taste! Simple and quick to make too

INGREDIENTS: (serves 2)

- 2 cups live natural yoghurt
- 1/2 cup chia seeds (pre-soaked)
- 2 teaspoons honey
- 1/2 teaspoon vanilla extract
- 2 kiwi fruit
- 1 cup blueberries

HOW TO MAKE IT:

- Combine the yoghurt, vanilla and 1 teaspoon of honey in a blender
- Divide blended yoghurt into two bowls
- Fold in all the pre-soaked chia seeds* one of the bowls of yoghurt
- Simmer blueberries in a pan with 2 tablespoons of water and stir in 1 teaspoon of honey until reduced (about 5 minutes)
- Peel and thinly slice kiwi fruit
- Arrange sliced kiwi inside the two glasses
- Carefully add a couple of tablespoons of yoghurt & chia seeds to the glasses followed by a drizzle of the blueberries. Add a layer of yoghurt (without chia seeds) followed by a final layer of the yoghurt and chia. Top with remaining yoghurt (without chia seeds) and finish off with blueberries allowing the juice to trickle through the layers
- Eat immediately or cover and place in the fridge for later

TOP TIP

Pre-soak the Chi seeds in advance by mixing 1.5 tablespoons chia seeds in one cup of water and allow to sit for at least an hour. You can make more and store in a glass jar in the fridge for up to a week.

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