



## Raspberry Coconut Chia Pudding

*Perfect for breakfast, brunch, lunch, snack or as a cool side. This Raspberry Coconut Chia Pudding brings together the health benefits of raspberries and chia seeds in a delightful cup-sized treat.*

### INGREDIENTS

1 cup coconut milk\*  
1 cup frozen raspberries; thawed  
½ cup chia seeds  
1 cup plain, lowfat yogurt  
1 tablespoon honey

Garnish:

¼ cup unsweetened coconut flakes, toasted  
12 each raspberries, frozen

### DIRECTIONS

1. Use a blender to purée the coconut milk and frozen thawed raspberries until smooth.
2. In a large bowl, mix the puréed coconut milk raspberry mixture with the yogurt and honey.
3. Stir in the chia seeds, then portion into 4 jars or bowls, cover, and chill overnight.
4. The chia seeds will have hydrated to give you a pudding-like consistency after refrigeration for a couple of hours.
5. Garnish with toasted coconut and frozen raspberries

**YIELD:** approximately 4 cups

Servings: 4 (1 cup)

### NUTRITION

*330 calories; 23g fat; 15g saturated fat; 0g trans fat; 5mg cholesterol; 35mg sodium; 24g carbohydrates; 10g fiber; 10g sugar; 11g protein*

\*Substitute: your favorite dairy or non-dairy milk

Recipe by Leah Sarris, executive director of [New Orleans Culinary & Hospitality Institute \(NOCHI\)](#)