



Chia Pudding

Ingredients

- 1 cup coconut milk
- 1/8 cup Three Peaks Manuka honey
- 1/4 teaspoon vanilla essence
- 1/4 cup chia seeds

Serving for two!

Extras

We suggest adding chocolate, cherries, berries or any of your favourite spices, like cinnamon into the bowl before re-fridgerating.

Method

1. Blend the coconut milk, Three Peaks Manuka honey and vanilla essence until smooth.
2. Place into a bowl and stir through the chia seeds. Refrigerate for at least 4 hours, or overnight, until ready to serve.
3. Just before serving, top with a mixture of fresh berries, a drizzle of Three Peaks Manuka honey and half a passionfruit.

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