

## Coconut Chia Pudding

Serves 4 (1/2 cup each)

1 cup coconut milk  
¼ cup chia seeds  
½ tsp cinnamon  
¼ tsp vanilla  
1 Tbsp Stevia or sweetener of choice

Whisk all ingredients together. Let sit until gelled --- approximately 15 minutes. Or chill overnight and serve the next day

Chia seeds gel super quickly, making this dessert a breeze. I prefer allowing them to sit awhile, which softens the texture just a little bit. Be certain to use the coconut milk that is used in Thai cooking (sometimes called coconut crème), not the coconut milk sold as a milk beverage replacement as this is much too watery and tasteless.

