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# The Wonders of Chia Seeds and 3 Pudding recipes

Cook Time: 0 min  
Classic Vanilla with Berries

prep Time: 0 min

total Time: 0 min

servings: 1-2

## Ingredients:

- 200ml coconut milk
- 1/2 teaspoon vanilla
- 1 tablespoon maple syrup
- pinch salt
- 2 tablespoons chia seeds
- Toppings: Fresh berries, coconut flakes

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## Instructions:

1. In a small bowl or glass jar, mix the milk with the vanilla, maple syrup, and salt. Stir in the chia seeds and mix well. Cover with plastic wrap or the jar lid and transfer to the fridge for a minimum of 3 hours or preferably overnight.
2. Serve with berries or your choice of toppings.

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## Muhalabiya Chia Pudding

## Ingredients:

- 200ml coconut milk
- 1/2 teaspoon orange zest
- 1 tablespoon honey
- 1/2 teaspoon orange blossom water
- pinch salt

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- 2 tablespoons chia seeds
  - Toppings: Chopped Dates, Chopped pistachios

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Instructions:

1. In a small bowl or glass jar, mix the milk with the orange zest, honey, orange blossom water and salt. Stir in the chia seeds and mix well. Cover with plastic wrap or the jar lid and transfer to the fridge for a minimum of 3 hours or preferably overnight.
2. Serve with chopped dates and pistachios.

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Mango Coconut

Ingredients:

- 3/4 cup chopped mango, pureed
- 150ml coconut milk
- 1 tablespoon honey
- pinch salt
- 2 tablespoons chia seeds
- Toppings: Fresh mango, Coconut Flakes, Cocoa nibs, Lime juice

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Instructions:

1. In a small bowl or glass jar, blend the mango puree with the milk, honey, and salt. Stir in the chia seeds and mix well. Cover with plastic wrap or the jar lid and transfer to the fridge for a minimum of 3 hours or preferably overnight.
2. Serve with fresh chunks of mango, coconut flakes, cocoa nibs and a squeeze of lime juice.