

Dr. Ruby's 'Must-Try' Mango Chia Seed Pudding

Ingredients:

- 4-5 tablespoons chia seeds
- 2 bananas
- 3/4 cup unsweetened (full fat) coconut milk
- 1 tablespoon coconut nectar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 tablespoon of cardamom
- ¾ cup strawberries, diced
- 1.5 cups mango (fresh or frozen)

Directions:

1. Peel and mash bananas well with a fork in a bowl.
2. Add chia seeds to the banana mash and mix well.
3. Add in coconut milk, vanilla, cinnamon, and cardamom to banana chia seed mash. Whip with a whisk until well mixed and mixture becomes thick (about 1 minute). Set aside in refrigerator to set for at least 1 hour to overnight. Alternative: for a creamier pudding, add chia mix blender and blend until smooth. Let set.
4. Add mango to blender and puree. Add 1 or 2 tablespoons of water if needed to get blender moving. Puree should be thick.
5. Top chia pudding evenly with mango puree, add diced kiwi on top. Alternatively, separate chia pudding into 4-6 even portions. Top with mango puree and kiwi; serve.
6. Refrigerate chia pudding, covered, up to 4 days.