

Chia Pudding with Prunes



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This healthy and delicious pudding can be enjoyed for breakfast, as a snack or for dessert.

SERVES: 4 | PREP TIME: **10 mins** plus 5 hours setting time. | LEVEL OF DIFFICULTY: ●○○

Pudding

INGREDIENTS

- 400g can coconut milk
- 1/3 cup chia seeds
- 1 tsp vanilla extract
- 2 tsp maple syrup
- 1/4 cup (50g) **Australian prunes**, pitted and finely chopped
- Fresh seasonal berries for serving (optional)

METHOD

1. Put prunes into a bowl. Pour boiling water over the prunes to cover for 5 mins. Drain, reserving 2 tsp soaking water and blitz the prunes with the reserved water in a food processor until smooth.
2. Stir together the coconut milk, chia, vanilla, maple syrup and prune puree.
3. Cover and refrigerate for at least 5 hours or overnight.
4. Serve with fresh seasonal berries.

NUTRITION

Per serve (seasonal berries included): Energy 1060kJ • Protein 5g • Total fat 20g • Saturated fat 15g • Total Carbohydrates 14g • Total sugars 12g • Dietary fibre 8g • Sodium 25mg

13g prunes per serve (1/4 of daily 50g serve of prunes)

- ✓ Source of energy from carbohydrates and sugars
- ✓ Good source dietary fibre
- ✓ Low in sodium



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