

SERVES 2 ★ PREP 10MIN (PLUS CHILLING)

COCONUT CHIA WITH MANGOS



INGREDIENTS

1 cup (250ml, 8fl oz)
coconut milk

3 tbsps chia seeds

2 tbsps honey or
maple syrup

½ tsp vanilla extract

1-2 mangos, chopped

METHOD

1. In a jar or mixing bowl, combine coconut milk, chia seeds, honey or syrup and vanilla.
2. Cover with plastic wrap and chill in fridge for 15 minutes to allow chia to absorb and swell.
3. Remove and stir to thoroughly combine and then return to fridge for at least 2 hours.
4. Remove from fridge and stir in mango peices, leaving some aside for topping.
5. Divide into individual glasses and top with remaining mango.