



CHIA PUDDING COMPOTE

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- 1/2 cup organic chia seeds
- 2 cups unsweetened coconut milk
- 1-2 TBSP raw honey
- 1 TSP vanilla
- Pinch of sea salt

COMPOTE

- 2 cups fruit
- 1/2 TSP coconut palm sugar

DIRECTIONS

- Combine chia seeds, coconut milk, raw honey, vanilla + salt into an air tight container.
 - Cover and refrigerate for a minimum of 20 minutes, then stir. [We love to let ours sit overnight for the perfect texture.]
 - Prepare fruit by cutting into small pieces and/or mashing.
 - Add fruit + coconut palm sugar to a medium saucepan.
 - Cook over medium heat until the fruit + sugar has reduced and become slightly thick.
 - Allow compote to cool completely.
 - Stir chia pudding to break up any clumps + let sit for a few more minutes.
 - Layer the compote and chia pudding + enjoy!
- We love to add almond yogurt into the layers for extra yum!
- Our favorite fruit compote is pineapple + golden kiwi (if you have never tried them you are missing out!)