Breakfast | Dessert

Strawberry Lime Coconut Chia Pudding

5 Mins
Prep Time

0 Mins
Cook Time

2
Servings

244 Calories   **15g** Fat   **26g** Carbs   **5g** Protein

Ingredients

👤 **4 Servings**   🕐 **5 Mins + 6 Hours** Chill Time   🚫 **Allergens:** Nuts

1 Cup Fresh Strawberries, washed and sliced 💙

½ Cup Light Coconut Milk

½ Cup Unsweetened Vanilla Almond Milk

3 Tbsp Chia Seeds 💙

2 Tbsp Unsweetened Shredded Coconut

1 Tbsp Honey

1 Tsp Lime Juice

1 Tsp Lime Zest

Allergen Swap

Nuts Omit the almond milk and substitute with soy milk. Though not technically a nut, coconut may cause a reaction in those who are sensitive to nuts.

Nourishment Note

💙 **Chia Seeds**

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein and omega-3 fatty acids. Fiber helps promote gut health, protein provides building blocks to help make new and healthy cells, and omega-3 fatty acids may help to lower inflammation.

💙 **Strawberries**

Strawberries are packed with vital nutrients including vitamin C, potassium and antioxidants. These nutrients are crucial for healing, lowering blood pressure and may also help to lower inflammation.

Instructions

1. Wash Hands
Wash hands with soap and water.

2. Add Ingredients
In a large bowl, add ½ cup strawberries. Add all additional ingredients and stir well.

3. Cover and Refrigerate
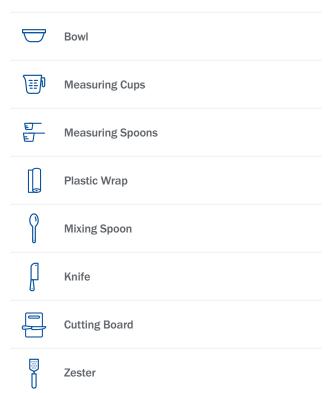Cover bowl and refrigerate for at least 6 hours or overnight.

4. Serve
Once set, divide pudding into bowls, and top with remaining strawberries. Sprinkle with additional coconut, if desired, and serve.

5. Wash Hands
Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need

Bowl

Measuring Cups

Measuring Spoons

Plastic Wrap

Mixing Spoon

Knife

Cutting Board

Zester

Fatigue Buster

• Use unsweetened, frozen strawberries instead of fresh.