

# CHIA PUDDING



This recipe is from p18 of Kenkō Kitchen



Available in the shop

## Ingredients:

- 30g (1oz / ¼ cup) Chia Seeds
- 250ml (8.5 fl oz / 1 cup) Coconut Milk
- 1 tablespoon Rice Malt Syrup
- ½ teaspoon Vanilla extract
- ¼ teaspoon ground Cardamom
- ¼ teaspoon Sea Salt

To serve

- Seeds from ¼ Pomegranate
- 1 tablespoon Pistachio nuts

Chia Seeds are tiny black seeds from the plant [Salvia Hispanica](#), which is related to the mint. This plant grows natively in South America.

Chia Seeds were a prized by the Aztecs and Mayans for their ability to provide sustainable energy. Chia is the ancient Mayan word for “strength.”

30 grams / 1 oz serving of Chia Seeds contain:

- › **Fiber:** 11 grams.
- › **Protein:** 4 grams.
- › **Fat:** 9 grams (5 of which are Omega-3s).
- › **Calcium:** 18% of the RDA.
- › **Manganese:** 30% of the RDA.
- › **Magnesium:** 30% of the RDA.
- › **Phosphorus:** 27% of the RDA.
- › They also contain a decent amount of Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine) and Vitamin B2.

## Method:

Combine all the Chia pudding ingredients in a bowl, glass or jar the night before.

Cover and place the bowl in the refrigerator to set overnight.

In the morning, sprinkle with the pomegranate seeds and pistachio nuts, and enjoy!

Eat immediately or store in the refrigerator for up to 24 hours.

Serves one person and takes 10 minutes preparation time.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at [www.phoenixshop.co.uk](http://www.phoenixshop.co.uk)

