



fresh produce

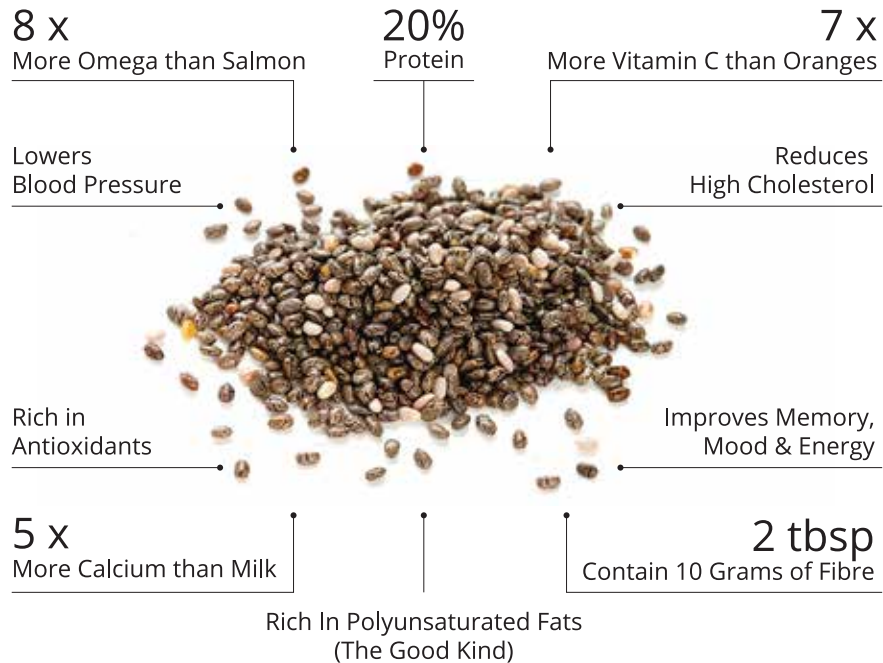


• seafood



• gourmet

Chia Seeds Health Benefits



Chia Pudding with Dried Apricots and Pineapple

Ingredients

- 1 cup milk
- ½ cup coconut milk
- 4 tablespoons chia seeds
- 2 teaspoons honey
- ½ cup chopped dried pineapple
- ¼ cup chopped dried apricots
- 2 tablespoons unsweetened shredded coconut
- Finely grated lime zest (for serving)

Preparation

1. Whisk together milk, coconut milk, chia seeds and honey in a medium bowl.
2. Cover and chill overnight in fridge, serve topped with dried pineapple, dried apricots, coconut and lime zest.

