



Coconut and Chia Seed Dessert

Serves 1

Prep time: 5 minutes + plus standing time of 1-2 hours

Cooking time: 0 minutes

Per portion

Calories: 138

Fat: 6.5g

Saturates: 1g

Carbs: 10.9g

of which sugars: 10.5g

Fibre: 8.8g

Protein: 5.2g

Salt: 0.45g

Ingredients:

160g canned coconut milk

50g mixed fresh berries

1 ½ tbsp's chia seeds

Dash of vanilla extract

Instructions:

Mix the coconut milk, vanilla and chia seeds together and pour into a tumbler. Leave to thicken for 1-2 hours in the fridge or for better results overnight

Just before serving top with the mixed berries

TIP: this makes a perfect breakfast too!