

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Three Berry Chia Pudding

Frozen berries usually have both deeper color and richer flavor than fresh berries. For a Triple Berry Chia pudding with the smoothest, most luscious texture, use a high-speed blender and partially defrosted berries. Vegan, gluten and dairy-free.

Note: Make Three Berry Chia Pudding a minimum of 2-4 hours before enjoying, as the chia seeds require refrigeration time to thicken the pudding.

Thank you, [Joe Yonan](#), for this recipe, which I have lightly adapted.

Makes 2 ¼ cups, 4 servings

Active time 10 minutes

Total time 10 minutes plus 2-4 hours to chill and thicken the pudding

Ingredients

2 ½ cups (10 ounces) of a mixture of partially defrosted frozen raspberries, blueberries and blackberries

⅔ cup canned full-fat coconut milk, stirred before measuring

3 tablespoons chia seeds

4 teaspoons light, local honey

1 tablespoon fresh lime juice

½ teaspoon vanilla

Garnish

Partially defrosted frozen berries and a sprig of fresh mint

Directions

1. Place everything in the blender and blend for about 2 ½ minutes. (More time will be needed without a high-speed blender.) Scrape down the sides of the blender jar after 1 minute to incorporate any wayward chia seeds.
2. Transfer Three Berry Chia Pudding into small, individual ramekins or other containers. Cover with plastic wrap or a sheet of parchment.
3. Refrigerate Three Berry Chia Pudding for a minimum of 2 hours, and up to 3 days, before serving.
4. Just before serving, garnish each serving with a few frozen or fresh berries and a sprig of mint.