

Double Layer Chia Seed Pudding

This recipe makes a scrumptious Chocolate Cardamom and Mango Chia seed pudding. A new dish that has made a big splash on the food scene. It is not hard to see why, it tastes great, is super easy to make a perfect way to incorporate chia seeds into your meal plan.



Prep time
15 min

Wait time
25 min - 1.5 hour

Ingredients

1 can coconut milk
½ cup oat milk
3 Tbsp maple syrup
1 Tbsp vanilla extract
6 dried apricots, minced
1 tsp cinnamon
1/3 cup chia seeds

1/3 cup mango (plus ¼ diced on the side)
1/8 tsp cardamom
2 Tbsp cup cocoa powder

Serves 4

Directions

1. Mix the milks, maple syrup, vanilla, apricots and cinnamon in the blender. The main goal of this step is to finely breakup the apricots so they impart more flavour to the pudding.
2. Pour half of the mixture into a bowl.
3. Add 1/3 cup of mango to the ½ of the milk mixture that is left in the blender. Mix until smooth.
4. Pour this mixture into a second bowl.
5. Add the cocoa powder and cardamom to the first bowl without the mango. Mix until there are no lumps of cocoa.
6. Divide the chia seeds between the two bowls and mix well. Let stand at room temperature for about 25 minutes.
7. Stir occasionally to avoid the chia seeds from forming a large clump.
8. You can store it overnight in the refrigerator or server immediately, yet I find it best after it has had at least an hour to chill.

Food News

Chia seeds have been on the scene for sometime. They were eaten by Aztec warriors to keep up their strength. Then they found their way into the cute little planters Chia Pets sometime ago. Now they are back in the spotlight as they have been found to be a good plant source of Omega-3s as well as other vital nutrients. These little seeds can be incorporated into many recipes such as salads, oatmeal, and fresh iced teas.

