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Coconut Chia Pudding

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This delicious vegan pudding is made with coconut milk, chia seeds, and sweetened with coconut sugar. It is a healthy and refreshing dessert perfect for spring.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

1 c	Milk
2 tbsp	Coconut Sugar
0.5 c	Yogurt
4 tbsp	Chia

Directions

Step 1

Mixing

In a bowl, mix together the milk and coconut sugar until the sugar is dissolved.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Add the yogurt and chia seeds to the bowl and stir well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the bowl and refrigerate for at least 4 hours or overnight.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Serving

Serve the coconut chia pudding chilled and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	8 g	21.05%	32%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring

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