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Overnight Blackberry Coconut Chia Seed Pudding ••

This overnight chia seed pudding is a delicious and healthy vegan dessert option. Made with blackberries, coconut milk, and chia seeds, it's a creamy and nutritious treat that can be enjoyed for breakfast or as a snack. The chia seeds absorb the liquid overnight, creating a pudding-like consistency that is packed with fiber and omega-3 fatty acids. The blackberries add a burst of flavor and antioxidants, while the coconut milk provides a rich and creamy base. Try this recipe for a satisfying and guilt-free dessert!

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 255 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

40 g Chia Seeds

400 ml coconut milk

100 g	Blackberries
2 tbsp	maple syrup
1 tsp	vanilla extract

Directions

Step 1

Mixing

In a bowl, combine chia seeds, coconut milk, maple syrup, and vanilla extract. Stir well to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Cover the bowl and refrigerate overnight or for at least 6 hours to allow the chia seeds to absorb the liquid and thicken.

Prep Time: 0 mins

Cook Time: 127 mins

Step 3

Stirring

Before serving, stir the pudding to ensure it is evenly mixed. Divide the pudding into serving bowls and top with fresh blackberries.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 190 kcal

Fat: 18 g

Protein: 5 g

Carbohydrates: 14 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	14 g	25.45%	28%
Fibers	11 g	28.95%	44%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	18 g	64.29%	72%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Thanksgiving Anniversary Graduation Barbecue Game Day

Cuisines

Japanese Mediterranean American

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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