

Tropical Papaya Chia Pudding - A simple and nutritious breakfast escape! Meal prep, blood sugar stabilizer, and healthy fat friendly!

Ingredients

- 4 Tbsp chia seeds
- ½ cup of canned coconut milk
- 1 tsp vanilla extract
- 1 tsp freshly grated ginger (optional)
- ½ cup papayas (diced)

Garnish

Shredded coconut flakes, fresh lime, bee pollen, raspberries, honey

Directions

1. Soak the chia seeds with minced ginger (optional), vanilla, and milk for at least an hour or overnight - stirring occasionally until a gel forms. You can make your chia seed pudding thicker or thinner by reducing/adding liquid. You can also use your favorite plant-based milk for this recipe as well!
2. Pour the chia seed pudding into 2 serving glasses, top with diced papayas and top with the garnishes.
3. Store in the fridge as a leftover, enjoy chilled or at room temperature. Great for breakfast, dessert, or a snack!

Notes

- Don't have papaya? That's okay! Use whatever tropical fruit that pairs well with ginger like mangoes, pineapple, kiwi. This recipe is very versatile and any fruit/topping combination will work as long as you have the chia pudding ratio right!
- Need more protein? Add a scoop of collagen peptides to the mixture and add ¼ cup more milk to the mixture. You can also drizzle nut butter over chia pudding when ready to eat.