Papaya Chia Pudding

Ingredients:

1 papaya
½ cup chia seeds
1 cup unsweetened coconut milk

Nutrition Facts

3 servings per container

Serving size	1/2 cup

Amount per serving

Calories 220

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	9%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0.8mcg	4%
Calcium 70mg	6%
Iron 0.3mg	2%
Potassium 10mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*GLUTEN-FREE   *SOY FREE   *VEGAN

Directions:

1. In a bowl, combine the coconut milk and chia seeds. Use a fork to mix, ensuring no clumps remain.
2. Refrigerate for 1 hour.
3. Cut half of the papaya flesh into cubes and mash the other half.
4. Add a layer of papaya chunks to the bottom of a glass, then pour the gelatinous chia mixture over the top. Finally add another layer of the mashed papaya on top. Serve.