

LEMON CREAM CHIA PUDDING

Ingredients – Chia Pudding:

¼ cup chia seeds
1 cup almond milk (or any milk of your choice)
lemon zest
2 Tbsp honey (or maple syrup for vegans)
¼ tsp vanilla extract
¼ tsp salt

Ingredients – Lemon Cream:

2 Tbsp lemon juice
1½ cups coconut cream (chilled overnight, scoop the thick part)
⅓ cup honey (or maple syrup for vegans)
lemon zest
¼ tsp turmeric (optional, for colour)

Preparation:

- In a bowl mix all **chia pudding ingredients** (¼ cup chia seeds, 1 cup almond milk, lemon zest, 2 tbsp honey or maple syrup for vegans, ¼ tsp vanilla extract, ¼ tsp salt). Whisk until well combined.
- Leave it in the fridge for at least an hour. You can leave it even overnight.
- In a blender add all the **lemon cream ingredients** (2 tbsp lemon juice, 1 ½ cups coconut cream, ⅓ cup honey, lemon zest, ¼ tsp turmeric for color (optional)). Blend together until the mixture is creamy and smooth.
- Split the chia pudding mixture between 4 jars or cups. Pour the **lemon cream** over it.
- Let them set in the fridge for several hours.