

Strawberry Chia Pudding

Serves 4-6

1-2 baskets fresh strawberries, hulled
one 13 1/2-ounce can coconut milk
1/4 cup raw honey, or to taste (I would use less)
1/2 tsp vanilla flavoring
3/4 tsp finely grated lime zest
1/2 cup chia seeds

Place the strawberries, coconut milk, honey, vanilla and lime zest in a blender and blend until smooth. Place the chia seeds in a large bowl, pour the strawberry mixture on top, and whisk thoroughly. Let stand for 10 minutes and whisk again. Cover and refrigerate for at least 4 hours and up to 3 days. Stir the pudding before serving. The longer it sits, the thicker it will become. If you find that it is too thick, whisk in a little coconut water.

I put the pudding right into individual little serving bowls.