

FOREST FRESH

a FOREST-TO-TABLE cooking blog

Chia Seed Pudding with Wild Berry Sauce



PREP TIME
5 minutes

COOK TIME
10 minutes

READY IN
4 hours



SERVINGS
4

**FOREST
INGREDIENTS**
Wild Berries
(blueberries, black and
red huckleberries,
salmonberries)

Ingredients

Pudding

- 1 can coconut milk
- 1/3 cup chia seeds
- 2 tbsp maple syrup

Wild Berry Sauce

- 2 cups frozen wild berries
- 1/3 cup sugar

Steps

- Mix together coconut milk, chia seeds and maple syrup. Cover and refrigerate for four hours, or overnight.
- Place the fruit and the sugar in a small saucepan. Set the heat to low, stirring occasionally, until the berries have softened. This should take between 5-10 minutes.
- Once the berries are mostly thawed, increase the heat to medium. Mash them with a wooden spoon and stir constantly while the liquid simmers for about 2 minutes.
- Cool the sauce.
- Serve chilled chia seed pudding in a bowl/glass and top with chilled wild berry sauce.

This recipe was created in partnership with:



