



Coconut Chia Pudding Breakfast jars

2 servings
30 minutes

Ingredients

1/4 cup Unsweetened Almond Milk
2 tbsps Chia Seeds
1/16 tsp Stevia Powder (a light sprinkle or two pinches of stevia powder or 2-4 drops of liquid)
1/2 cup Frozen Blueberries
3/4 cup Organic Coconut Milk (full fat cream from can)
2 tsps Bee Pollen
2 tbsps Collagen Powder (or 1 tbsp hemp protein powder)
2 tbsps Hemp Seeds

Directions

- 1 In a bowl, mix together the almond milk, coconut milk, collagen, vanilla extract, chia seeds and stevia. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle top with bee pollen & hemp seeds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds, Use shredded coconut or hemp seeds instead.

Chia Will Not Gel, If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!