



Dragon fruit Coconut Chia Seed Pudding

Uncategorized

source Lake Austin Spa Resort

INGREDIENTS

- 4 1/2** cups coconut milk
- 2** tbsp dragonfruit powder
- 1** cup chia seeds
- 2** Tablespoons maple syrup
- 1** Tablespoon vanilla extract

DIRECTIONS

Place all ingredients in blender and blend for 20 - 30 seconds on high. pour into a container and ladle into individual cups. Allow to chill for minimum of 6 hours.