

BANANA CHIA PUDDING (SIMPLE + DELICIOUS!)

Easy banana chia seed pudding, with only 3 simple ingredients, is great for breakfast, dessert, or light snack!



Author: Julie | The Simple Veganista

Prep Time: 6 hours **Total Time:** 6 hours

Yield: Serves 6

Category: Dessert, Snack

Method: mix

Cuisine: American

Diet: Vegan

INGREDIENTS

UNITS US M SCALE 1x 2x 3x

- 2 large overripe **bananas** (about 1 cup, mashed)
- 2 cups **unsweetened coconut (beverage), almond or cashew milk**
- 6 tablespoons **chia seeds**

Optional add-ins

- 2 - 4 tablespoons **pure maple syrup**
- 1/2 - 1 teaspoon **vanilla extract**

To garnish

- toasted **coconut flakes**
- **banana slices**
- **cacao nibs or shaved dark chocolate**

INSTRUCTIONS

In a medium bowl, add bananas and mash well, stir in non-dairy milk and chia seeds, mix well.

Let set for about 30 minutes, and give a good stir, repeat one more time, stirring again after 30 minutes. ***This step is an important step, as the seeds need to be stirred once or twice before completely gelling up and setting. If not stirred, the mixture will be soupy.*** Cover and place in the refrigerator for at least 6 hours, or overnight.

Serve with sliced bananas, toasted coconut flakes and cacao nibs/shaved chocolate. Would also be great with a dollop of coconut whipped cream!

Makes about 3 cups.

NOTES

Make this raw by using homemade nut milk of choice.

Nutrition Facts

Serving Size 1/2 cup

Serves 6

Amount Per Serving

Calories	117
----------	-----

% Daily Value*

Total Fat 5.1g	7%
----------------	----

Saturated Fat 0.5g

Cholesterol 0mg	0%
-----------------	----

Sodium 64.5mg	3%
---------------	----

Total Carbohydrate 16.3g	6%
--------------------------	----

Dietary Fiber 5.7g	20%
--------------------	-----

Sugars 5.5g

Protein 3.2g	6%
--------------	----

Vitamin A	4%	Vitamin C	5%
-----------	----	-----------	----

Calcium	20%	Iron	8%
---------	-----	------	----

Vitamin D	9%	Magnesium	15%
-----------	----	-----------	-----

Potassium	6%	Zinc	7%
-----------	----	------	----

Phosphorus	10%	Thiamin (B1)	12%
------------	-----	--------------	-----

Riboflavin (B2)	7%	Niacin (B3)	9%
-----------------	----	-------------	----

Vitamin B6	11%	Folic Acid (B9)	4%
------------	-----	-----------------	----

Vitamin E	17%	Vitamin K	0%
-----------	-----	-----------	----

Find it online: <https://simple-veganista.com/banana-chia-pudding/>