

BANANA CHIA PUDDING (SIMPLE + DELICIOUS!)

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



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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/>