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Cheers to meal prepping and feeling awesome!

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## Coconut Hemp Seed Breakfast Pudding

1 serving

3 hours

### Ingredients

- 1/2 cup Organic Coconut Milk (full fat, from the can)
- 1 tsp Monk Fruit Sweetener
- 1/4 tsp Vanilla Extract
- 1/4 cup Hemp Seeds
- 1 1/2 tbsps Ground Flax Seed
- 1 1/2 tbsps Chia Seeds
- 1 tsp Unsweetened Shredded Coconut
- 1/4 cup Raspberries

### Directions

- 1 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 2 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 3 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is approximately 3/4 cup of hemp seed pudding.

**Additional Toppings:** Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

**No Raspberries:** Use strawberries or blueberries instead.