# Carrot Cake Chia Pudding with Banana

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- 3/4 CUP CHIA SEEDS
- 2X 400ML TINS AYAM COCONUT MILK
- 4 TEASPOONS VANILLA EXTRACT
- 2 CUPS GRATED CARROT
- 60G WALNUTS - CHOPPED
- 1 TEASPOON GROUND CINNAMON
- 1 TEASPOON IODISED SALT

SERVE WITH

- 50G GREEK, NATURAL OR COCONUT YOGHURT
- 1 TEASPOON 100% PURE MAPLE SYRUP
- 1 BANANA - SLICED

- PLACE ALL PUDDING INGREDIENTS IN AN AIR TIGHT CONTAINER AND REFRIGERATE OVERNIGHT.

NUTRITION INFORMATION

- CHIA SEEDS & WALNUTS = BALANCED OMEGA 3 & 6 ESSENTIAL FATTY ACIDS + PROTEIN & IRON.
- YOGHURT & CHIA SEEDS = CALCIUM
- BANANA = POTASSIUM

SHOULD YOU CHOOSE TO SERVE YOUR PUDDING WITH COCONUT YOGHURT THIS PUDDING IS VEGAN FRIENDLY. PLEASE ENSURE YOUR SERVE IS LARGER. AS THE NUTRIENT SOURCES ARE PLANT ONLY YOU WILL REQUIRE THE ADDITIONAL QUANTITY TO BOOST YOU LEVEL OF ABSORPTION.