

Banana & Coconut Chia Seed Pudding

PREP TIME: 5 MIN

CHILL TIME: 4 HOURS-OVERNIGHT

YIELDS: 6 CUPS



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

4 ripe bananas

2 cups coconut milk, unsweetened

1 cup milk (any)

1 teaspoon ground cinnamon

¼ cup honey

½ cup chia seeds

Nutrition Content for 1 Cup

Calories: 217 kcal

Fat: 7g

Fiber: 6.5g

Sodium: 21.5mg

Carbohydrates: 38.3g

Protein: 4.3g

Added sugar: 11.6g

Recipe Benefits

- Anti-Inflammatory
- Promotes GI Health
- Anti-Nausea
- High Calorie Potential

Qualities

- Texture: Soft
- Scent Level: 2/10
- Spice Level: 0/10



Directions

1. Blend bananas, coconut milk, milk, cinnamon, and honey together in a blender.
2. Place mixture in a container or portion into jars and add in chia seeds.
3. Place in the refrigerator overnight to allow chia seeds to absorb banana mixture.

Chef Tips/Adjustments

- For a simple and easy Chia Seed Pudding base, all you need is ½ cup chia seeds to 2 cups milk (any). All of the other ingredients listed in the Banana & Coconut Chia Seed Pudding recipe are just for flavor and can be adjusted according to personal preference.
- Coconut milk can be substituted with any milk, though this will make a lower calorie recipe.
- Honey can be adjusted as needed to achieve desired sweetness.
- Dry seasonings can be adjusted as desired.

