Coconut - Chia Seed Pudding (Vegan)
By Kate Shafto MD

**INGREDIENTS**

- 2 c. non-dairy milk (almond, soy (non-GMO), coconut milk from a carton)
- ½ c. chia seeds
- ¼ to ½ c. shredded coconut
- 2 tsp cinnamon (optional)
- 2 TBSP maple syrup (or to taste)

**DIRECTIONS**

1. Place all ingredients into a glass bowl. A pyrex container with a lid is ideal.

2. Whisk together for at least a minute to make sure all are incorporated.

3. Cover and refrigerate for 3 hours to let set.

*Eat and enjoy!*