

# RECIPES FROM three eighty ate

## CHIA PUDDING

1 cup	Coconut Milk
1/3 cup	Chia Seeds
1 tsp	Agave

Mix everything together in a bowl or sealable container and let it rest, covered, for 2 hours in the refrigerator to allow pudding to set up. Letting the pudding rest overnight will yield an even better result.

Yield - 8 servings

Serving Size - 1/4 cup