

Chia Seed Pudding

Chia Seeds are native to Mexico and Guatemala and are as important as corn to the indigenous peoples. Chia seeds are now a highly prized superfood and commercially grown in Mexico, Bolivia, Argentina, Ecuador, Nicaragua, Guatemala and Australia. They are the richest known plant source of omega-3 essential fatty acids which are essential for brain and heart health. Soaked chia seeds are a great replacement for eggs in baking for whanau who are vegan or intolerant of eggs.

Basic Super Quick Chia Seed Pudding

Chia seed pudding needs to be made a night in advance so the chia seeds have time to absorb the liquid in the recipe. The result is a delicious and super healthy pudding that can be eaten any time of the day and will keep in the fridge for up to 5 days.

Chia Seeds - 1/4 cup

Milk - 2 cups - organic cows, GMO free soy, homemade nut mylk

Sweetener - to taste - honey, rice syrup, maple syrup, apple syrup

Put chia seeds in a bowl and whisk in other ingredients. Let the mix sit for 10 minutes and whisk again to prevent clumping. Leave in the fridge overnight to set.

Hapi Vanilla Chia Seed Pudding

Chia Seeds - 1/2 cup

Raw Cashew Nuts - 1 cup

Dates - 1/2 cup

Salt - a pinch

Cinnamon - 1/4 teaspoon

Coconut Oil - 2 tablespoons (melted)

Vanilla - 4 teaspoons



1. Soak the cashew nuts and dates in a bowl of water for hour or so.
2. Drain and rinse the soaked cashew / dates and place in a blender with the salt, cinnamon, coconut oil, vanilla and 4 cups of water. (NB If your blender won't take 4 cups of water just add 2 or 3 and mix the rest in at the end!). Blend well into a smooth cream.
3. Put chia seeds in a large bowl. Pour cashew / date cream over the seeds and whisk thoroughly. Let the mix sit for 10 minutes and whisk again to prevent clumping. Leave in the fridge overnight to set.
4. To serve - Portion into bowls or little jars and serve with yoghurt and fresh fruit.