



Acai, Blueberry & Pomegranate Pudding



Serves
4



Prep Time
5-10
mins



Cook Time
0

Ingredients

Chia Pudding – bottom layer

- 1 cup coconut milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey
- 2 tablespoons chia seeds
- 1/4 Cup coconut yoghurt – middle layer

Acai Smoothie – top layer

- 200g Frozen Creative Gourmet Acai
- 100g Frozen Creative Gourmet Banana
- 1 cup Frozen Creative Gourmet Blueberries
- 1 Medjool Date

Toppings

Frozen Creative Gourmet Pomegranate

Frozen Creative Gourmet Coconut

Frozen Creative Gourmet Blueberries



Products Used In This Recipe

Method

1. To make the chia pudding for the base, place the coconut milk, vanilla extract and honey into a bowl.
2. Stir in the chia seeds and pour the mixture into two glasses or jars.
3. Allow the chia pudding to set in the fridge for a minimum of 3 hours (overnight is perfect).
4. Once the chia is set, place the yoghurt evenly in each of the jars and set aside.
5. Just before serving, make the acai smoothie layer by placing the 200 grams of acai pulp, banana, blueberries & date into the blender and whiz until smooth (you may need a little liquid to get the blender going – but not too much! *You can use coconut water or water to help things along*).
6. Fill the jars up with the acai layer, decorate with the toppings and serve.