

Lemon Mint Turmeric Chia Pudding

TASTE CHANGES

10 Min. Prep | Makes 2 Servings

Ingredients

- 3 lemons, juiced (approx. 1/3 cup)
- 1 Tbsp lemon zest
- 1 cup coconut milk
- 1/2 cup unsweetened almond milk
- 8 pitted dates
- 1/2 tsp turmeric
- 1/8 tsp salt
- 2 Tbsp fresh mint, minced
- 1/3 cup chia seeds

Directions

1. Blend lemon juice, lemon zest, coconut milk, almond milk, dates, turmeric, salt, and mint leaves in a blender until smooth.

2. Pour in chia seeds and stir with a spoon until distributed. Chill in refrigerator for 2 hours or overnight.

Notes

Enjoy as a small meal like breakfast, snack or lunch. Perfect for make ahead meals.

Additional benefits:

- Chia seeds are a super food high in protein to help meet your energy needs.

Nutrition Info

635 calories, 13g protein, 34g total fat, 24g saturated fat, 210mg sodium, 79g carbs, 19g fiber, 0g added sugars

