

## Almond and berry chia pudding

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Kick-start your day with this healthy, homemade almond and berry chia pudding.

This recipe is part of [Steph Lowe's 7 day meal plan](#) to beat your cravings. For those who prefer a

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sweeter start to their day, this pudding will do just the trick.

- ¼ cup chia seeds
  - 200 ml coconut milk
  - 1 vanilla pod, sliced down the centre using the contents only
  - 4 large strawberries, diced
  - ½ cup coconut yoghurt
- Ingredients (serves 1)**
- Crushed [almonds](#), for topping
  - [Cinnamon](#), to taste

### Method

Soak chia seeds in coconut milk with vanilla pod overnight.

Check out Steph Lowe's full [7 day meal plan](#) to kick start your week.

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