

## Key Lime Avocado Chia Pudding

**Prep & Cook Time: 10 minutes + at least 30 minutes to chill and thicken**      **Serves: 4**

This is such a delicious recipe – the lime is incredible and the chia fills you right up with good fats and protein. Double it to make extra to have ready in your fridge to eat on the go!

Adapted from Blissful Basil.

### Ingredients

- 1.5 cups unsweetened coconut milk or almond milk
- Half medium size avocado
- 1/3 cup fresh lime juice
- ¼ cup pure maple syrup
- 3 Tbsp coconut butter (or oil)
- 1/8 tsp unrefined salt
- ¼ cup chia seeds
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### Directions

1. In high speed food processor or blender combine all ingredients EXCEPT for Chia Seeds.
2. Blend until smooth. Add in the chia seeds and slightly blend – not too much to keep the seeds somewhat intact.
3. Divide between jars or glasses/bowls – it will continue to thicken so leave room at the top of the jar/bowl.

Make a batch and you can leave it in fridge for a few days - great for quick breakfast on the go or a snack.

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### Nutritional Value of Select Ingredients (Nutritional Value)

**Limes** – The phytochemicals in limes boost the immune system, prevent heart disease and cancer, lower blood cholesterol levels, and lower high blood pressure. They may dissolve gallstones and protect against scurvy, as they are high in vitamin C.

**Avocado** – High in mono-unsaturated fatty acids, it contains 20% fats – all good ones. High in potassium, vitamin E, B vitamins, and fibre, avocados can help normalize cholesterol levels.

**Chia Seeds** – The Aztecs ate this seed to power them through battle, as they are high in protein, essential fatty acids, and fibre. An ounce contains 4 grams of protein, 5000mg of omega 3's, and 11 grams of fibre! Great soluble fibre source for slowing down glucose entering the blood stream and for binding to toxins for removal out the colon.