

## Banana Chia Pudding

- 2 large overripe **bananas**
- 2 cups **unsweetened coconut (beverage), almond or cashew milk**
- 6 tablespoons **chia seeds**
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### Optional add-ins

- 2 – 4 tablespoons **pure maple syrup**
- ½ – 1 teaspoon **vanilla extract**

1. In a medium bowl, add bananas and mash well, stir in non-dairy milk and chia seeds, mix well.
2. Let set for about 30 minutes, and give a good stir, repeat one more time, stirring again after 30 minutes. **(This step is an important step, as the seeds need to be stirred once or twice before completely gelling up and setting. If not stirred, the mixture will be soupy.)**
3. Cover and place in the refrigerator for at least 6 hours, or overnight.
4. Serve with sliced bananas, toasted coconut flakes and cacao nibs/shaved chocolate. Would also be great with a dollop of coconut whipped cream!