

Overnight Avocado Chia Seed Pudding

Ingredients:

- 4 tablespoons chia seeds
- 1 can coconut milk (*full-fat works best*)
- 1/2 avocado
- 1/2 banana (*riper the better*), or sweetener of your choice

Directions:

1. Mash the banana in a small bowl (omit if using an alternative sweetener choice)
2. Slowly add additional ingredients
3. Leave the liquid mixture in the fridge overnight and allow all of the flavors to absorb
4. In the morning, the mixture will have become a thicker consistency and filled with flavor!



Optional: Add Greek yogurt or whipped cream for extra richness and flavor.

Enjoy!



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