

Chia and Tropical Fruit Pudding



Discover our delicious recipe for Chia Seed Pudding with Tropical Fruits. This tasty and nutritious dessert combines the benefits of chia seeds with an explosion of tropical flavors. It's a suitable dessert for diabetics due to its fiber content.

Preparation 5 min
Cooking 0 min
Servings 4
Nutrition Facts (per serving)
Calories 270
Fat 13
Carbohydrates 31
Fibre 9
Protein 10
Sodium 30

Ingredients

- 2 bananas
- 250 ml (1 cup) frozen fruits of your choice (we used the Tropical dragon fruit mix)
- 250 ml (1 cup) milk (or non-dairy beverage)
- 60 ml (¼ cup) chia seeds

Topping

- 2 passion fruits
- Chopped raw nuts of your choice (pecans, almonds, walnuts, etc.)
- Seeds of your choice (hemp, pumpkin, sunflower, etc.)
- Granola

Note: For a gluten-free version, make sure to choose a gluten-free granola.

Preparation

1. Place all smoothie ingredients in the container of an electric blender and blend until smooth.
2. Place in the refrigerator overnight.
3. Just before serving, add the desired topping.



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