

# CHOCOLATE AND CHIA PUDDING



A perfectly creamy dessert filled with chocolate yumminess and banana that you can make for you and your loved one for Valentine's Day or any special occasion. It can be served as either a dessert or perhaps a lovely breakfast treat for your loved one.

## INGREDIENTS

1 litre Thick Greek yoghurt (plain)  
400 ml (1 can) organic Coconut Milk  
2 tablespoons organic Chia Seeds  
3 Bananas  
2 tablespoons Raw Cacao Powder  
2 teaspoons gelatine  
3 tablespoons organic Coconut Blossom Sugar  
Fresh fruits such as Mango, Raspberries,  
Blueberries, Peaches

To add that special Valentine's Day touch, tie a pink or red ribbon around the jar/container. You can add a love note too.

## METHOD

- Bottom layer**  
Peel and cut up bananas. Put them into a blender with half of the yoghurt, half of the Coconut milk, one tablespoon of the Coconut blossom sugar, and the Chia seeds. Blend everything well for amount 2 minutes and then put the mixture into two (or more) glass containers. Fill about 1/3 of the containers and let it set for 15 minutes in the fridge.
- Middle layer**  
Peel and cut the mango and arrange on top of the first layer (fill another 1/3 of the jar). Again place the glass containers in the fridge to set
- Top layer**  
In a small bowl dissolve the gelatine powder with a little hot water. Stir well and make sure gelatine is completely dissolved.  
Blend the other half of the coconut milk and yoghurt, with the remaining 2 tablespoons of Coconut Blossom sugar, and the Raw cacao powder.  
Add the dissolved gelatine into the cacao mixture and blend again. Pour the cacao layer on the top of the mangos, but make sure the first bottom layer is nicely set. Place the glass containers in the fridge overnight.
- Decoration**  
Decorate with peaches, blueberries, raspberries or any other fruit that you desire before serving.