



# Good Chef Bad Chef Turmeric Manuka Honey Chia Pudding

EASY • 10 MINS + OVERNIGHT

Brighten your morning with this vibrant Turmeric Manuka Honey Chia Pudding from Good Chef Bad Chef! This nourishing brekky combines the earthy warmth of turmeric with the naturally bioactive properties of Manuka honey for a deliciously indulgent and healthy start to your day.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**SERVINGS**  
2

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- 5 tbsp chia seeds
- ½ tsp turmeric powder
- 1 tsp ground cinnamon
- 400ml coconut milk or a mix of coconut and almond milk
- 1 tsp vanilla extract
- 2 tsp Capilano Manuka honey

## Method

1. Add chia seeds, turmeric powder, cinnamon, milk, vanilla and Capilano Manuka Honey to a bowl, stir to combine.
2. Let sit for 10 minutes and stir again. Alternatively, add all ingredients to a jar and shake to combine. Place in fridge to set overnight.
3. The next day, serve with fresh seasonal fruit of choice and extra Capilano Manuka Honey if desired.

Used in this recipe



### Active Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees\* this special blend of Australian Manuka and floral honey is independently tested and certified to contain a minimum of 30mg of Methylglyoxal (MGO), the key compound that makes Manuka so special. The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties.

Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

Visit [capilanothoney.com.au](http://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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