Manuka Chia Fruit Pudding

EASY • 10 MINS + SET OVERNIGHT

Add some bioactive Manuka goodness to your morning! Juicy kiwi blended through coconut milk and chia, left to set overnight and finished with a drizzle of Capilano Manuka Honey. Whatever fruit's looking good at the shops, chuck it in and make it your own. Too easy.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	10 mins	Overnight	1

Ingredients

- 2 tbsp chia seeds
- 130ml coconut milk
- 3 tbsp coconut yoghurt

Method

1. Slice your kiwifruit into chunks, add to a jar - and cover with coconut milk.

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- 2 Kiwifruit (or your favourite seasonal fruit)
- Capilano Manuka Honey MGO30+

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.

Method

2. Add chia seeds and 2 tbsp of coconut yoghurt, and a drizzle of Capilano Manuka Honey MGO30+ then stir well.

3. Leave to set for at least half an hour, but preferably overnight for better digestion.

4. Spoon your pudding into a container of choice, top with the remaining tbsp of coconut yoghurt, the reserved kiwifruit slices and a drizzle of Capilano Manuka Honey to serve.

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