



## Raspberry Chia Seed Pudding

By [Heather's French Press](#)  
Yield 1 serving

1 cup of coconut milk (I used homemade)  
1/2 cup of raspberries  
1/4 cup of chia seeds

1. Combine the milk and fruit in the jar of a blender and blend until smooth.
2. Pour into a mason jar and add the chia seeds.
3. Close the lid tightly and give it a good shake.
4. Refrigerate and allow to gel for at least 3 hours.
5. Enjoy!



