# 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!