
THE CrossFit[®] *kitchen* K I D S

Sweet Cheeks Headquarters



CHERRY CHIA SEED PUDDING

by Shirley Brown and Alyssa Dazet
[Sweet Cheeks Headquarters](#)

overview

Chia seed pudding is fun to eat and fun to decorate. Your kids will never know this pudding is made from healthy seeds. And it uses just two or three simple ingredients. Create a face atop the pudding, or keep it simple and top with cherries. Either way, your kids will have fun with the pudding and benefit from omega-3 fatty acids.

serves 3-4

ingredients

- 1 cup coconut milk
- ¼ cup chia seeds
- ¼ cup dried, unsweetened bing cherries, finely chopped

garnish

Small bowl of red grapes, green grapes, sunflower seeds, dried cherries

notes

To spice things up, you can substitute the cherries with a ¼ cup or less of your favorite fruit purée, vanilla or coco powder.

directions

1. In a bowl, mix together the chia seeds, coconut milk and chopped cherries.
2. Cover and refrigerate for 2 to 3 hours.
3. Mix and serve with a garnish of your choice.

