



## CARDAMOM SPICED MANGO & CHIA BREAKFAST PUDDING

### INGREDIENTS

2 fresh mango fruits  
3 cups (720 ml) – org oat mylk  
1 tbsp – swerve sweetener  
1 tsp – non-alcoholic Madagascar vanilla extract  
½ tsp – org cardamom powder  
8 tbsp – chia seeds

#### *Mango Puree*

In your food processor or blender blend the following:

½ cup frozen or fresh mangos  
1 org banana  
½ cup coconut cream

Mix until smooth and pour on top of the ready to serve chia pudding.

PREP TIME: 5 MINS  
COOK TIME: 10 MINS  
TOTAL TIME: 15 MINS  
+ 2 H REFRIGERATION  
SERVES: 6

VEGAN  
GLUTEN-FREE  
NUTS FREE  
REFINED SUGAR-FREE  
LOW SUGAR

#### Notes:

You can replace oat mylk with your preferred plant-based mylk.

As a sweetener, I recommend a non-refined sugar, or maple syrup if you don't have access to Swerve sweetener.

As a fruit topper, you can use any other fruit you have around – blueberries pair really well with this pudding though.

### DIRECTIONS

#### Step 1

Cut the two mango fruits, and add to a blender along with the following ingredients:

- oat mylk
- coconut cream
- swerve sweetener
- vanilla extract
- cardamom powder

Blend for up to 1 min.

#### Step 2

Pour the blended ingredients into a glass bowl and add the chia seeds. Mix together and leave chia seeds to absorb the liquid and expand for up to 10 min. Give chia seeds another stir before pouring composition into jars.

#### Step 3

Pour the slightly thickened chia pudding into 6 small jars or glasses.

Chill for approximately 4 hours or overnight to serve for breakfast or snack.

Serve with *mango puree* on top for a creamier texture, and extra mango flavor, plus some lovely blueberries.