



# Toasted Coconut & Hawaiian Sweet Potato Chia Seed Pudding

## Ingredients

- 1 cup coconut milk
- 4 Tablespoons Chia Seeds
- 1 Tablespoon Agave/honey
- 1 teaspoon coconut extract
- 1 cup Hawaiian Sweet Potato cut into tiny cubes
- Topping of choice: toasted coconut, berries, dark chocolate chips, or granola.

## Prep Time

### TOTAL TIME: 1 HOUR

- Prep: 30 min
- Chill: 1 hour
- Cook: 30 min

## Directions

- Cut Hawaiian sweet potato into large 1" thick slices and lay on a baking sheet. Bake for about 20 minutes in a 450-degree oven. Remove when a fork pokes through each piece easily and let cool completely.
- Combine coconut milk, chia seeds, honey, extract, and salt in a bowl and mix well. Cover and chill in the refrigerator for 1 hour.
- Remove skin and hard edges from potato pieces and cut them into tiny cubes.
- Combine sweet potatoes cubes and with chia seed pudding or use as a topping.

### HOW TO SERVE:

Equally, spoon 1/4 cup servings of pudding into individual cups and add toppings of choice: Hawaiian Sweet Potato, toasted coconut, berries, tiny dark chocolate chips, or granola.

## Nutrition & Health Benefits

### COCONUT CHIA SEED PUDDING WITH HAWAIIAN SWEET POTATO

Serves 4 - Calories per serving: 148

Protein 2.8g / Carbs 20.2g / Fat 6.2g / Fiber 10g

*\*Calories and macros will vary when toppings are added!*

*See back for health benefits ...*

## Chia Seeds

Members of the mint family, chia seeds are another super food not known for flavor but for the numerous health benefits they provide.



- Lowers cholesterol
- Regulated heart rhythms and blood pressure.
- Prevents the development of chronic disease
- An easy way to get Omega 3 fatty acids (ALA) crucial to brain health.
- A good source of soluble fiber. It's this healthy fiber that turns to gel when the pudding is chillin' in the fridge!
- High in calcium, phosphorus, and magnesium all important minerals for strong bones.
- Reduces inflammation
- Prevents blood clots

## Hawaiian Sweet Potato

Also known as Okinawan Sweet Potato, it is not a part of the potato family but a health-benefiting member of the morning glory family. Its tan skin may be deceiving as the inside is a bright and vibrant purple!

A known superfood, high in fiber, vitamins, and many antioxidants (even more than blueberries) is a staple in the Hawaiian diet.

Okinawa, a well known blue zone where people live well over 100, totes this plant and its abundant antioxidants to ward off disease and illness,



## Coconut

Although coconut milk is high in calories and fat, when eaten in moderation, it has numerous health benefits.



- The MCT fats in coconut milk may aid in weight loss and metabolism because it goes directly to the liver for energy.
- The fats in coconut milk have been shown to have positive effects on cholesterol and heart health.
- Coconut milk strengthens the immune system and fights viruses and bacteria.

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