

Fresh chia seed and lemon pudding (vegan)



 5 min.  429 kcal  SteviaSweet Liquid

Preparation

Mix chia seeds, coconut milk and oat milk. Season to taste with [SteviaSweet Liquid](#), grated lemon zest and lemon juice. Allow for mixture to gel for one hour or overnight in the refrigerator.

Mix thoroughly, season to taste and enjoy. You can also serve the pudding with berries or fruits.

Ingredients for 2 servings

4 tbsp	chia seeds
200 ml	coconut milk
150 ml	oat milk
1 tsp	SteviaSweet Liquid
	grated zest of 1/2 lemon
1 tbsp	lemon juice

Nutritional information per portion

429	kcal
1802	kJ
8.5	g Protein
22.5	g Carbohydrates
35	g Fat