



COCONUT CHIA PUDDING WITH POACHED BERRIES AND MACADAMIA

Developed in partnership by Miele Home Economist Loughlin Hunter & Claire Saundry, APD, AccSD



Ingredients:

- 2 x 400ml cans coconut milk
- 120g chia seeds
- 100ml maple syrup
- ½ punnet strawberries, hulled and cut into quarters
- ½ punnet raspberries, hulled and kept whole
- 50g roasted macadamia nuts, chopped

Method:

1. Place coconut milk, chia seeds and maple syrup into a bowl and mix together.
2. Divide evenly among 4-6 small glass jars or bowls and cover.
3. Place in the steam oven and steam at 100°C for 6 minutes. The pudding should have thickened and can be placed into the refrigerator to cool for 10-20 minutes.
4. Place both the berries in a solid steam tray and steam at 100°C for 2 minutes.
5. Serve the poached berries on top of the chia puddings and top with the chopped macadamia nut.

Nutrition Information

Serves 4 people

| Nutrient | Per serve |
|---------------|-----------|
| Energy | 2368 kJ |
| Protein | 9 g |
| Fat | 45 g |
| Saturated Fat | 26 g |
| Carbohydrate | 28 g |
| Fibre | 13 g |
| Calcium | 235 mg |



HOT TIPS

An excellent source of fibre, this pudding can be enjoyed as a delicious breakfast or served as an antioxidant rich dessert with berries for added antioxidants.

Substitute poached berries for poached apple or pears as an alternative.