THE LIGHTER PLATE METHOD

Coconut Chia Pudding

Set to a soft, spoonable wobble overnight — genuinely one of the easiest breakfasts there is.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 125 ml coconut milk
- 2 tbsp chia seeds
- 20 g desiccated coconut
- 5 drops liquid stevia (or 1 tsp honey)

Method

1. Mix all the ingredients together in a bowl or jar.
2. Let it rest for 15 minutes, then stir again to break up any clumps.
3. Cover and refrigerate for at least 4 hours, ideally overnight.

Tips & swaps

- Top with fresh berries or a spoon of nut butter before serving.

Storage & reheating

Keeps in the fridge for up to 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
240	**5g**	**10g**	**20g**	**9g**

Estimated values, for guidance only.