

RECIPE

Mango Chia Pudding



Prepare in **5 minutes**

Ready in **2 hours**

Serves **2 people**

Ingredients

- 1 cup cashew nuts
- 1 cup any plant milk
- Few slices mango (can be frozen)
- 2 tbsp chia seeds

Optional

- Few slices diced mango for decoration

Preparation

1. Soak cashews in water for at least 1 hour
2. Drain cashews
3. Add cashews, mango and plant milk to a blender and blitz
4. Mix in chia seeds
5. Chill for 30 min
- 6.

Tips

Make the night before and leave in fridge overnight ready to take to work in the morning