

Blueberry Mango Chia Pudding

Serves: 6
Prep: 10 mins



Dietary: EF, NF, GF, VEG
Allergens: Dairy
Age group: 8 months+

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Equipment

- High-speed blender

Ingredients

- 1 cup (250ml) milk of choice
- 1-2 tsp (5ml-10ml) maple syrup (optional)
- 2 tbsp (40g) Greek yoghurt
- ½ cup (90g) blueberries, rinsed
- ½ cup (90g) mango cubes
- 4 tbsp (64g) chia seeds

Method

1. Place all ingredients except chia seeds into a blender and blend until smooth.
2. Pour mixture into a large jar or container and add chia seeds. Mix well until combined.
3. Cover and let sit in the fridge overnight or for 4-6 hours.
4. Serve topped with additional fresh blueberries, mango and yoghurt.

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Allergies:** For a dairy-free version: Swap milk and yoghurt for calcium fortified dairy-free alternatives such as soy, oat and coconut milk and yoghurt.
- ✓ **Easy ingredient swaps:** Swap blueberries and mango for fruit of choice.
- ✓ **Baby-friendly version:** Leave out maple syrup.
- ✓ **For selective eaters:** Puree the pudding until you reach a smooth consistency.