

Mango Chia Pudding with Fresh Berries

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I LOVE fast and easy recipes that help you to feel healthy, youthful and fit. Mango Pudding with Fresh Berries is jam-packed with vitamins, minerals, antioxidants, fiber heart-healthy fat, calcium and so much more to help nourish and revitalize your body, brighten your skin, boost your energy, metabolism and digestion and feel your best! Make this simple pudding the night before for an easy breakfast or snack the following day.



RASPBERRIES:

-Packed full of anti-aging, cancer fighting antioxidants and fiber

BLUEBERRIES:

-A potent source of anti-inflammatory anti-oxidants plus Vitamins C, E and fiber

MANGOS:

-A true super food containing Vitamins A, B6, C, E, fiber, folate and antioxidants to combat inflammation and aging

ALMOND MILK:

-Full of Calcium, Vitamins A, D, and E, monounsaturated fats & minerals

CHIA SEEDS:

-Amazing source of complete protein, fiber, calcium and Omega 3 & 6 fatty acids

Makes 2 servings

Ingredients:

All of the flesh from a ripe and juicy mango

1 cup unsweetend almond milk

1 teaspoon pure vanilla extract

3 tablespoons chia seeds

Fresh raspberries

Fresh blueberries

Combine ripe mango, almond milk and pure vanilla in a blender until smooth and creamy. Do yourself a favor and taste this delicious concoction right now...amazing right?!? Next, stir in the chia seeds (don't blend). Pour the mango chia pudding into 2 small bowls or jars, cover and refrigerate for a couple of hours or overnight. Top with fresh berries right before serving. Enjoy!

What's the Balance?

This recipe has a great balance of all-natural carbohydrates, heart healthy fats and a small amount of protein (from the chia seeds). To stabilize your blood sugar and help you burn fat, boost your metabolism and increase energy, add additional protein on the side of this recipe. Some protein ideas: a protein shake (a scoop or two of high quality protein powder mixed with water on the side) or scrambled egg whites.