GLOBAL · BREAKFAST

# Coconut Chia Pudding with Blueberries

65 min · Serves 1 · 383 kcal a serve · Video 12:44 · Low Carb Love

Vegan · Gluten-free ingredients

Chia seeds and coconut cream make it rich in fibre (about 12 g) and plant omega-3 fats, with no added sugar, so a full bowl with berries and pecans stays under 10 g net carbs.

**Diet notes:** Keto (9.8 g net carbs a serve).

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## Ingredients 8 · SERVES 1

- [ ] 1/2 cup **unsweetened almond milk**
- [ ] 2 tbsp **chia seeds**
- [ ] 1/4 tsp **ground cinnamon**
- [ ] 1/2 tsp **vanilla extract**
- [ ] 1 tbsp **sugar-free sweetener** (allulose, erythritol or monk fruit)
- [ ] 3 tbsp **coconut cream**
- [ ] a handful of **fresh or frozen blueberries**, to serve
- [ ] a few **pecans**, to serve

**Allergens found in the listed ingredients:** Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the almond milk into a jar or container with a lid, then add the chia seeds, cinnamon, vanilla and sweetener. 3:58
2. Add the coconut cream, close the lid and shake well until everything is mixed. 4:52
3. Refrigerate for at least an hour, or overnight, until thick and set. 5:28
4. Top with blueberries and pecans and serve. 6:01

> **Tip** Make several jars at once for the week. The video also shows a strawberry and a chocolate–peanut butter version using the same base.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 1 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 383 kcal | 7.5 g | 22 g | 12 g | 32 g | 90 mg |
| 1,600 kJ | 15% of a day | 9.8 g net · 6.2 g sugars | 43% of a day | 15 g saturated | 4% of a day |
| | | 8% of a day | | 41% of a day | |

**Energy from** net carbs 11% · protein 8% · fat 81% — fits keto: 9.8 g net carbs, 81% of the energy from fat

**High in** (20%+ of a day) Omega-3 276% · Calcium 30% · Selenium 30% · Magnesium 27% · Vitamin E 26% · Iron 20% · Zinc 20%

**Recipe and video:** Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=IoVm2T9AJ7A, published 21 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-coconut-blueberry-chia-pudding