

## Pomegranate Chia “Rice” Pudding Recipe



I like to give you lots of options around this time of year for enjoying a little sweetness with the people you love. On Thursday, I'll be sharing a full Valentine's Day menu, including another dessert recipe, so be on the lookout for that.

This is a different chia pudding recipe than the one I shared on Live with Kelly & Ryan! [Here's the video so you can watch now.](#)

You could enjoy this one for breakfast just like that one. It's got 5 sources of clean keto fats, fiber, vitamins, minerals, and tons of antioxidants. What more could you want out of a dessert?

Oh yeah, the taste – trust me, it's delicious. And it feels special enough to share with your sweetheart this Friday.

So give it a try and let me know what you think over on [Facebook](#).

### POMEGRANATE CHIA “RICE” PUDDING

#### Ingredients [Serves 2]

- 2 cups coconut water (substitute filtered water)
- 1/2 cup cashews
- 2 tbsp. coconut oil
- 1 tbsp. unsweetened coconut flakes
- 1/2 green apple
- 1 tsp. cinnamon
- 3 medium sized dates (if large, use 2 1/2)
- 1/8 tsp. sea salt (Celtic grey, Himalayan, or Redmond Real Salt)
- 6 tbsp. chia seeds
- 1 tbsp. of pomegranate seeds
- 2 tsp. vanilla (or Medicine Flower Vanilla, 20 drops)
- Optional: 5 drops Medicine Flower Coconut
- Optional: Top with cinnamon, pomegranate seeds, and/or blueberries

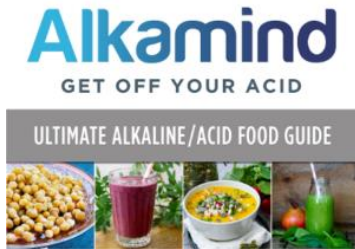


#### Directions

Blend all ingredients EXCEPT the chia seeds and toppings in blender until

thoroughly mixed (40 to 60 seconds). Then on lowest variable speed, add in your chia seeds, and blend on low speed for one minute to mix chia. If you don't have a variable speed blender, mix chia with a spoon.

Add chia "rice" pudding into an airtight container. Refrigerate for at least 5 hours before serving. Add your desired amount of toppings and enjoy.



For more on which foods to avoid and which to eat more of (like the ingredients in delicious chia puddings), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!