

Blood Orange & Pistachio Chia Pudding

4 ingredients · 25 minutes · 2 servings



Directions

1. Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
2. In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
3. Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Coconut Yogurt

Use Greek yogurt instead.

Nut-Free

Use sunflower seeds instead of pistachios.

More Flavor

Use vanilla coconut yogurt, or add a dash of vanilla.

Ingredients

2 Blood Orange (small)

1/4 cup Chia Seeds

1/2 cup Unsweetened Coconut Yogurt

1 tbsp Pistachios (roughly chopped)