

Coconut Cup

Chia Seeds, Ground Almonds, Cashews, Flaxseed, Dried Apricots and Cranberries, Goji Berries, Pistachio and Sunflower Seeds with Coconut Water **PB, GF**

Allergens – Nuts

Ingredients – Serves 1

2/3 cup coconut water	½ teaspoon sunflower seeds, lightly toasted
2 tablespoons chia seeds	1 tablespoon dried apricots, chopped
1 teaspoon ground almonds, lightly toasted	1 teaspoon dried cranberries, soaked in a little apple juice
½ teaspoon flaxseed	1 teaspoon dried goji berries, soaked in a little apple juice
1 tablespoon pure maple syrup	1 tablespoon unsweetened coconut flakes
1 teaspoon coarsely chopped cashews, lightly toasted	Fresh fruit in season, for garnish
1 teaspoon coarsely chopped pistachios, lightly toasted	

Method

1. Stir together the coconut milk, chia seeds, almond powder, flaxseed and maple syrup in a cereal bowl. Refrigerate overnight, covered, to allow the seeds to plump and the mixture to thicken into a loose pudding.
2. Uncover the pudding, and arrange the toasted nuts / seeds, dried fruit and coconut flakes in neat piles on top of the pudding.
3. Garnish with fresh fruit in season.