

## No-Bake Chia Pudding Bars: Refreshing Coconut Lime & Healthy

Refreshing No-Bake Chia Pudding Bars: Your Zesty Coconut Lime Delight for Summer!



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

1 can (13.5 oz / 400ml) full-fat coconut milk (canned, not carton beverage)  
¾ cup / 80g chia seeds  
¼ cup / 60ml maple syrup or agave nectar (adjust to taste)  
Zest of 1 large lime (freshly grated)  
Juice of ½ large lime (about 2 tbsp / 30ml, freshly squeezed)  
1 teaspoon / 5ml vanilla extract  
Pinch of salt  
1 cup / 140g almonds or cashews (raw, unsalted)  
¾ cup / 45g shredded unsweetened coconut  
¼ cup / 45g Medjool dates, pitted (about 4-5 large dates)  
1 tablespoon / 15ml melted coconut oil  
Toasted coconut flakes (for garnish)  
Extra lime zest (for garnish)

#### Swaps and Notes:

**Full-Fat Coconut Milk:** Essential for the creamy consistency of the chia pudding. Do not substitute with light coconut milk or coconut beverage from a carton, as it won't set as well.

**Chia Seeds:** These are the magic ingredient for thickening the pudding. They absorb liquid and create the gel-like texture.

**Sweetener:** Maple syrup or agave nectar provides natural sweetness. Adjust quantity based on your

preference.

**Lime Zest & Juice:** Fresh lime zest and juice are crucial for the bright, zesty flavor. Don't skip them!

**Vanilla Extract & Salt:** Enhance the overall flavor.

**Crust Nuts:** Almonds or cashews work well. You can use walnuts or pecans for a different flavor profile.

**Medjool Dates:** Provide natural sweetness and bind the crust. If dry, soak them in warm water for 10 minutes, then drain before processing.

**Melted Coconut Oil (for crust):** Helps bind the crust ingredients.

**Toppings:** Toasted coconut flakes add a lovely crunch and visual appeal. Extra lime zest enhances the citrus aroma.

**Directions:**

**Prepare the optional crust:** If using, add the almonds/cashews, shredded unsweetened coconut, pitted Medjool dates, melted coconut oil, and pinch of salt to a food processor. Process until the mixture is finely ground and clumps together when pressed between your fingers. It should resemble wet sand. Press this mixture firmly and evenly into the bottom of an 8x8 inch (20x20 cm) pan that has been lined with parchment paper (leaving an overhang on the sides for easy lifting). Chill the pan in the refrigerator while you prepare the filling.

**Prepare the chia pudding filling:** In a medium bowl, whisk together the full-fat coconut milk, chia seeds, maple syrup/agave, lime zest, lime juice, vanilla extract, and pinch of salt. Whisk well with a fork or whisk to prevent any clumps from forming.

**Set Chia Pudding:** Let the chia pudding mixture sit at room temperature for 5-10 minutes. Then, whisk again thoroughly to break up any clumps that may have formed and to ensure the chia seeds are evenly distributed. This helps prevent a lumpy pudding.

**Pour & Spread:** Pour the chia pudding mixture over the prepared crust (if using) or directly into the parchment-lined pan if you're making crustless bars. Spread the mixture evenly with a spatula.

**Chill to Set:** Cover the pan tightly with plastic wrap and refrigerate for at least 4 hours, or preferably overnight. The chia pudding needs to be very firm and set for easy slicing.

**Garnish & Cut:** Once firm, lift the entire slab out of the pan using the parchment paper overhang. Sprinkle generously with toasted coconut flakes and extra lime zest.

**Cut into squares or bars** using a sharp knife (running the knife under hot water and wiping it dry between cuts can help with clean slices).

Store Leftovers: Store leftovers covered in the refrigerator for up to 4-5 days.

Recipe Information:

Preparation Time: 20 mins

Chilling Time: 4+ hours

## DIRECTIONS

1. Making these : Refreshing No-Bake Chia Pudding Bars is easy, with minimal effort and plenty of chilling time!
2. Prepare the optional crust: If using, add the almonds/cashews, shredded unsweetened coconut, pitted Medjool dates, melted coconut oil, and pinch of salt to a food processor. Process until the mixture is finely ground and clumps together when pressed between your fingers. It should resemble wet sand. Press this mixture firmly and evenly into the bottom of an 8x8 inch (20x20 cm) pan that has been lined with parchment paper (leaving an overhang on the sides for easy lifting). Chill the pan in the refrigerator while you prepare the filling.
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11. **Chilling : Time:** 4+ hours
12. **Total : Time:** 4 hrs 20 mins
13. **Calories per : Serving:** Approx. 250 (with crust)
14. **Number of : Servings:** 9 bars
15. **Tips for Success: Full-Fat Coconut Milk:** This is crucial for creamy, well-set chia pudding bars.
16. **Whisk : Chia Seeds Well:** Whisking initially and again after 5-10 minutes helps prevent clumps and ensures an even set.
17. **Chill : Thoroughly:** The long chilling time is essential for the bars to firm up properly for clean slicing.
18. **Press : Crust Firmly:** If using the crust, press it down very firmly so it doesn't crumble when cut.
19. **Adjust : Sweetness:** Taste the chia pudding mixture before chilling and adjust the maple syrup/agave to your preference.
20. **Fresh : Lime:** Fresh lime zest and juice make a huge difference in the brightness of this dessert.
21. **Serving Suggestions and Pairings:** These Refreshing No-Bake Chia Pudding Bars are perfect for a healthy and delicious snack, breakfast-on-the-go, or a light dessert. They're fantastic for:
22. **Summer : Gatherings:** A refreshing, make-ahead treat for outdoor parties.
23. **Breakfast/ : Brunch:** A wholesome and satisfying start to your day.
24. **Healthy : Snack:** A guilt-free way to curb sweet cravings.
25. **Post- : Workout Treat:** Packed with nutrients and energy.

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