

Easy Mango Coconut Chia Pudding (Healthy 4-Ingredient Breakfast)

Mango Coconut Chia Seed Pudding



TIME
5 min

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INGREDIENTS

- 1 cup ripe mango, pureed
- 1 cup coconut milk
- 3 tbsp chia seeds
- 1-2 tsp honey or maple syrup (optional)
- Mango cubes, for topping
- Coconut flakes, for topping

DIRECTIONS

1. Mix the Chia Base: In a bowl or jar, combine:
2. Coconut milk
3. Chia seeds
4. Honey or maple syrup (if using)
5. Stir thoroughly to ensure the chia seeds are evenly distributed.
6. Let It Sit Briefly: Allow the mixture to sit for 5 minutes, then stir again. This prevents the chia seeds from clumping together.
7. Refrigerate: Cover the mixture and place it in the refrigerator for 3-4 hours or overnight.
8. During this time, the chia seeds absorb the liquid and transform into a thick, creamy pudding.
9. Prepare the Mango Layer: Blend fresh mango until smooth to create a vibrant puree.
10. Assemble the Pudding: In serving glasses or bowls, layer the chilled chia pudding with mango puree.
11. Add Toppings: Top with:
12. Fresh mango cubes
13. Coconut flakes
14. Serve chilled and enjoy.

SWAPS & NOTES

Coconut milk: Full-fat coconut milk gives the creamiest texture, but light coconut milk works for a lighter version.

Sweeteners: The pudding can be naturally sweet from mango alone, but honey or maple syrup adds extra sweetness if

desired.

Mango alternatives: If mango isn't available, try pineapple, peach, or passion fruit puree.

Extra toppings: Granola, toasted almonds, or fresh berries add extra texture and flavor.

TIPS FOR SUCCESS

Stir twice before chilling: This prevents clumping and ensures a smooth pudding.

Use ripe mango: The sweeter the mango, the more flavorful the pudding.

Adjust thickness: If the pudding becomes too thick, stir in a splash of coconut milk.

Make it ahead: Chia pudding keeps well in the refrigerator, making it perfect for meal prep.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-mango-coconut-chia-pudding-healthy-4-ingredient-breakfast/>