



Tropical Chocolate Chia Pudding

GF
option

V
option

INGREDIENTS

1 (32-oz.) bottle plain unsweetened kefir
½ cup Full Circle Market organic chia seeds
¼ cup Hy-Vee honey
3 cups Good Graces gluten-free dark chocolate and sea salt granola
6 fresh kiwis, peeled and sliced
1 medium mango, peeled, pitted, and chopped
⅓ cup Full Circle Market organic unsweetened coconut flakes, toasted
Zoet 57% cacao dark chocolate, for garnish

PREPARATION

- 1** Stir together kefir, chia seeds, and honey in a medium bowl.
- 2** Divide granola among 6 (1-pint each) canning jars with lids. Arrange kiwi slices around insides of jars. Add kefir mixture to jars. Top with mango, coconut, and, if desired, chocolate.
- 3** Cover jars with lids; refrigerate 6 hours or overnight. Store in refrigerator for up to 2 days.

NUTRITION FACTS

Calories: 480
Total Fat: 15g
Saturated Fat: 4g
Trans Fat: 0g
Cholesterol: 5mg

Sodium: 290mg
Carbohydrates: 75g
Fiber: 11g
Sugar: 44g
Protein: 16g