

## **Banana Chia Budino**

*Bananas are another source of good carbohydrates as well as antioxidants, Vitamin C and fiber. Chia seeds are full of fiber and omega 3 fatty acids.*

### **Ingredients:**

- **1 ripe banana**
- **1/4 cup whole fat coconut milk**
- **2 tbsp chia seeds**
- **Dash of natural vanilla extract**

### **Instructions:**

- **Combine the banana and coconut milk in a food processor or Vitamix**
- **Add chia seeds and pulse to mix evenly**
- **Pour into serving dishes and chill for an hour to let the chia seeds plump up.**