GLOBAL · BREAKFAST

Coconut Chia Pudding with Blueberries

65 min · Serves 1 · 383 kcal a serve · Video 12:44 · Low Carb Love

Vegan · Gluten-free ingredients

Chia seeds and coconut cream make it rich in fibre (about 12 g) and plant omega-3 fats, with no added sugar, so a full bowl with berries and pecans stays under 10 g net carbs.

Diet notes: Keto (9.8 g net carbs a serve).

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Ingredients 8 · SERVES 1

- [ ] 120 ml **unsweetened almond milk**
- [ ] 2 tbsp **chia seeds**
- [ ] 1/4 tsp **ground cinnamon**
- [ ] 1/2 tsp **vanilla extract**
- [ ] 1 tbsp **sugar-free sweetener** (allulose, erythritol or monk fruit)
- [ ] 3 tbsp **coconut cream**
- [ ] a handful of **fresh or frozen blueberries**, to serve
- [ ] a few **pecans**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the almond milk into a jar or container with a lid, then add the chia seeds, cinnamon, vanilla and sweetener. 3:58
2. Add the coconut cream, close the lid and shake well until everything is mixed. 4:52
3. Refrigerate for at least an hour, or overnight, until thick and set. 5:28
4. Top with blueberries and pecans and serve. 6:01

> **Tip** Make several jars at once for the week. The video also shows a strawberry and a chocolate–peanut butter version using the same base.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
383 kcal	7.5 g	22 g	12 g	32 g	90 mg
1,600 kJ	15% of a day	9.8 g net · 6.2 g sugars	43% of a day	15 g saturated	4% of a day
		8% of a day		41% of a day	

Energy from net carbs 11% · protein 8% · fat 81% — fits keto: 9.8 g net carbs, 81% of the energy from fat

High in (20%+ of a day) Omega-3 276% · Calcium 30% · Selenium 30% · Magnesium 27% · Vitamin E 26% · Iron 20% · Zinc 20%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=IoVm2T9AJ7A, published 21 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-coconut-blueberry-chia-pudding