

# Strawberry Chia Pudding

Serves 4 to 6

**16 ounces fresh strawberries, hulled**  
**1 1/2 cups (or one 13 1/2-ounce can) coconut milk**  
**1/4 cup honey, or to taste**  
**1 vanilla bean, scraped**  
**3/4 teaspoon finely grated lime zest**  
**1/2 cup chia seeds**

*Place the strawberries, coconut milk, honey, vanilla, and lime zest in a blender and blend until smooth. Taste and add more honey if desired.*

*Place the chia seeds in a large bowl, pour the strawberry mixture on top, and whisk thoroughly. Let stand for 10 minutes and whisk again.*

*Cover and refrigerate for at least 4 hours and up to 3 days. Stir the pudding before serving. The longer it sits, the thicker the pudding will become; if you find that it is too thick, whisk in a little water (or coconut water, if you have some on hand).*

*Spoon into individual cups or bowls and garnish (see suggestions below).*

## *Recipe Notes*

*Sweeteners: Honey may be substituted with other sweeteners like maple syrup, agave nectar, date syrup, etc. Adjust amounts for desired sweetness.*

*Garnish ideas: strawberries, coconut flakes, lime zest, chopped or slivered nuts, cocoa nibs, fresh mint.*

*Recipe source: [www.thekitchn.com](http://www.thekitchn.com)*

*Taste This!*

**Howard County Farmers' Market**

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