



Vegan Coconut Banana Chia Pudding and Strawberry Mango Salsa

Chef Christopher Young

Café 1878, Adventist Health, St. Helena

Ingredients

Coconut Cream
Banana, ripe
Agave
Chia Seeds
Coconut flakes
Strawberries, sm diced
Mango, ripe, sm diced
Fresh lime juice
Agave

Amount

1 ½ cups
½ cup
3 tbsp
1/3 cup
¼ cup
½ cup
½ cup
2 tbsp
2 tbsp

Method

1. Place the coconut cream, banana, and the agave into a blender and mix until smooth.
2. Once blended together transfer to a bowl, add the chia seeds and whisk it together.
3. As soon as you add the chia seeds you will need to transfer it into your serving dishes immediately. Cover loosely with plastic and refrigerate for up to two hours before serving.
4. For the toasted coconut, preheat your oven to 300. Spread the coconut on a baking sheet lined with parchment paper in a thin layer. Place on the middle rack in the oven and set a 2-minute timer. The coconut will brown fast so after the first two minutes you may have to keep checking every minute after until you have your desired result. Let it cool down completely before putting on top of your pudding.
5. Dice the strawberries and mango. Fold in the lime juice and the agave. If you would like a little finely chopped mint in there that might be a nice touch. Top each of the puddings with the toasted coconut and the salsa and serve chilled. Bon Appetit!