

# Recipe

## Blackberry Chia Seed Pudding Recipe: Wild Bearies

### Ingredients:

- $\frac{3}{4}$  cup chia seeds
- 1 can of organic coconut milk
- 1 16oz package of unthawed frozen blueberries or strawberries
- 2 pints of fresh blackberries

1. Mix chia seeds, unthawed berries, and 1 can of organic coconut milk in a large mixing bowl
2. Fold in fresh blackberries
3. Pour into serving dish and chill for 1 hour

Serves four.

**Mēn Kēsoq**  
Blueberry Moon - August