

Mango Chia Pudding

Mango chia pudding is a great combination of luscious fruit and a super food, both grown locally in Northern Australia. Chia originated in Mexico and its status as a super food, while sometimes exaggerated, is certainly impressive. Chia has high levels of fibre (34%), calcium (5 x milk calcium), omega-3 fatty acids (18%) as well as being a good source of protein and minerals. A couple of tablespoons of chia in your diet, perhaps as a summer breakfast option, will provide you with about a third of your daily fiber requirements. If you are a vegetarian it is even more valuable as a source of protein, calcium and fat. If you like things like sago pudding topped with fruit then you will probably enjoy a chia pudding and with the added bonus that it is good for you, unlike sago, which has little nutritional value.

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serves 4-6

- pulped flesh of a mango and juice of an orange, approximately 1 cup
- 1 cup milk
- 1 cup yoghurt
- 3/4 cup black chia seeds

Mix ingredients together and chill overnight, ready for breakfast the next day. The chia seeds will absorb 10 times their weight in liquid, swelling like sago, so a liquid mix is good as it will all be absorbed overnight. Serve with slices of mango. Store refrigerated for a couple of days.

[Australia Chia, Atherton Tableland region of Northern Queensland](#)

[Australian Chia, The Kimberley, WA](#)

Australian Chia Co brand of black chia seeds are available at Woolworths \$13/500g

Buy bulk Australian chia from wholefoods shop [The Source](#) or buy online [direct from the producers](#)

Good review by [Choice : Chia seeds, Superfood or Fad](#)