

## **Berry Chia Pudding**

If you desire a delicious, satisfying yet healthy, nutritious dessert, this is the one for you. The chia seeds, a nature's complete superfood, provide a nice crunch and a slightly nutty flavor and are the richest known plant-based combination of omega-3, dietary fiber and protein as well. The pudding can be refrigerated for up to 3 days.

½ cup Fresh strawberries, chopped  
½ cup Fresh blueberries  
½ cup Raspberries  
¼ cup Blood orange juice or water  
10 Dried longan flesh or dates  
3 tbsp Chia seeds  
Maple syrup for drizzling, optional

Combine fresh berries, blood orange juice, and dried dragon flesh in the blender. Process until completely smooth. Transfer the pureed fruit mixture into a bowl, and then stir in the chia seeds until well blended. Cover with a plastic film and refrigerate until very thick and pudding-like, at least 4 hours or overnight. Divide the pudding among 3-4 serving glasses. Drizzle with maple syrup if desired and serve chilled.