

# IRISH YOGURTS

## CLONAKILTY

### CHIA PUDDING



By Irish Yogurts Clonakilty

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Method

- In a medium bowl, mix together the yogurt and milk. Stir in the chia seeds. Cover and set in the refrigerator overnight. If you can, stir the chia seed mixture a couple times after putting it in the refrigerator.
- In the morning, give the chia seed pudding a good mix, breaking apart any clumps.
- Stir in another spoonful or two of yogurt, if desired. Spoon into two bowls, glasses or jars. Top with your mashed/pureed fruit, your favourite granola and a few fresh raspberries or whatever fruit you like.

#### Ingredients

- 250g of [Irish Yogurts Clonakilty 0% Fat Peach & Raspberry Greek Style Live Yogurt](#)
- 250ml whole milk
- 200g fruit-pureed/mashed
- 25g chia seeds
- 1 handful granola
- 1 handful raspberries



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