



## COCO-MANGO

## CHIA PUDDING

**Prep:** 5 min + 2 hours  
setting time

**Servings:** 4

### Ingredients

- ▲ 1 tbs maple syrup or golden syrup
- ▲ 1 ½ cups unsweetened UHT coconut milk (tetra-packed from the long life milk section of the supermarket, not the canned kind)
- ▲ ⅓ cup chia seeds
- ▲ 2 tsp desiccated coconut
- ▲ 1 mango, diced

### Method

1. Place maple syrup in a 500 mL capacity jar or container with a lid that seals. Pour in some of the milk and shake to dissolve the syrup.
2. Add remaining milk, chia seeds and half the coconut. Shake and pour into 4 small serving glasses. Cover and refrigerate for at least 2 hours or overnight.
3. Serve chilled, topped with diced mango and sprinkled with remaining coconut.

### Variations

- ▲ This recipe works with any milk or milk alternative (e.g. soy or almond milk).
- ▲ Replace mango with other fruit like sliced bananas, tinned peaches or berries.
- ▲ Add 2 teaspoons cocoa for a chocolatey taste.
- ▲ For chai flavoured puddings, add a teaspoon of ground cinnamon plus a pinch of cardamom and cloves.

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Government of Western Australia  
Department of Health





## BLUEBERRY AND BANANA BREAD

**Prep:** 15 min  
**Cook:** 60 min  
**Servings:** 9

### Ingredients

- ▲ olive or canola oil spray
- ▲ 4 ripe bananas, peeled
- ▲ ¼ cup sugar
- ▲ ½ cup reduced-fat milk
- ▲ 2 eggs
- ▲ 1 cup white self-raising flour
- ▲ 1 cup wholemeal self-raising flour
- ▲ 1 tsp ground cinnamon
- ▲ 1 cup frozen blueberries

### Method

1. Preheat oven to 220°C (200°C fan forced).
2. Spray a 20 x 10 cm loaf tin with oil; line base and sides with baking paper.
3. Reserve one banana for presentation and mash remaining 3 bananas in a large bowl.
4. Add sugar, milk and eggs and mix with a fork until well combined.
5. Sift flours and cinnamon on top of banana mixture, returning husks from the sieve to the bowl. Mix ingredients together until just combined, taking care not to over-mix, then gently fold through blueberries.
6. Spoon mixture into prepared loaf tin and smooth the surface. Slice remaining banana thinly and layer on top of the loaf.
7. Bake for 35-40 minutes then cover with foil and bake for a further 20 minutes. The centre of the loaf should be moist but not wet when tested with a skewer. Allow to cool in tin for 5 minutes then turn onto a wire rack.
8. Cut into 1 cm slices and toast before serving, if desired.