



GUT HEALING SUMMER STRAWBERRY CHIA SEED PUDDING

This is called a “gut healing” chic seed pudding because while fruits and vegetables are amazing, they won’t necessarily heal the lining of the gut.

Fortunately, aloe vera juice is perfect for healing the lining of the gut and settling an upset stomach. And, you don’t have to go to a specialty store to buy it. :)

- 1 cup organic* strawberries
 - 1 date, soaked (easier to blend)
 - 2 tablespoons apple sauce
 - 2 ounces aloe vera juice (this is a great brand!)
 - 1/3 cup water
 - 1/3 cup simple* coconut milk
 - 1/2 tablespoon lemon juice
 - 2 tablespoons chia seeds
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- 5 minutes, makes about 1 1/2 cups

Add all of the ingredients, except the chia seeds, to a blender. Once blended together, add the chia seeds and mix or blend together. The chia seeds will soak up the liquid as they sit so add more or less water and/or coconut milk depending on the consistency of the pudding you prefer. Will keep in the frig for 4 days.

You can garnish this with some granola (I prefer sprouted like this one), or coconut chips, but since this is all fruit, I like to keep digestion simple and only top with some additional strawberries. Of course, feel free to make this with other fruit – mango, blackberries, and you can use aloe vera juice in other recipes as well (add a splash to juices & smoothies to get that added “gut healing” benefit)!

** Berries are always listed as one of the most pesticide heavy foods so I always buy organic.*

** I like the simple coconut milk because it doesn’t have any gums or fillers (less ingredients is always best), but use what resonates with you. Yes, this “simple coconut milk” is full fat, but I don’t shy away from fat since the brain is 60% fat and there’s only 1/3 cup for the whole recipe.*