



FLAMANT

YOU'RE HOME

Mango and Spiced Pumpkin Chia Pudding

Ingredients:

- 1 ripe mango, peeled and diced
- 1/4 cup chia seeds
- 1 cup almond or coconut milk
- 1/2 cup pumpkin purée
- 1 tablespoon honey or maple syrup
- 1/4 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Fresh mint or some pumpkin seeds for garnish

Instructions:

1. In a bowl, whisk together chia seeds, almond or coconut milk, honey, vanilla extract, cinnamon, and nutmeg.
2. Stir in the pumpkin purée until well blended.
3. Let the mixture sit for 10-15 minutes, stirring occasionally until the chia seeds absorb the liquid and form a thick pudding.
4. Spoon the chia pudding into a Longpi pottery bowl and top with fresh mango chunks.
5. Garnish with a bit of fresh mint for an extra touch or sprinkle some (roasted) pumpkin seeds on top of it.
6. Let it sit chilled for at least two hours or put it overnight in the fridge. Your healthy, seasonal breakfast is ready!