

# Chia pudding with cherry kernel oil

Ingredients required for 2 persons

**Preparation time** 20 minutes

**Difficulty** easy

## Ingredients

60 g chia seeds  
400 ml coconut milk  
4 EL cherry kernel oil  
2 TL agave syrup  
1 glas sour cherries  
20 g almonds  
coconut flower sugar



## Preparation

Mix the chia seeds with the coconut milk so that all the seeds are covered with liquid. Add the cherry kernel oil and a teaspoon of agave syrup. Cover the mixture and leave in the fridge for at least 30 minutes, preferably overnight. Then drain the sour cherries and mix with the remaining agave syrup. Now stir the chia pudding well again. Divide the mixture into four glasses, alternating with the cherries. Then finely chop the almonds, caramelize in a pan without oil with a little coconut blossom sugar, leave to cool and spread over the dessert.