

Brain Fuel For Dessert!?! Vanilla Blueberry Chia Seed Pudding

Ready in: 15 minutes

Serves: 4 servings

I'm so excited to share this week's recipe with you. It comes from my son (and amazing [chef](#) Misha. I asked Misha to put together some of his favorite brain boosting recipes in honor of my docu-series, *Broken Brain*, launching in January. Here's what he had to say...

What if I told you that dessert could not just be good for you, but GREAT for you? Would you believe me? My Vanilla Blueberry Chia Seed Pudding is a dessert that is not just tasty, but it can be eaten for breakfast, lunch, or even dinner. It is high in vitamins and nutrients and has a punch of high quality fat to help you power through your day, or wind down your evening. When you have the option to avoid sugar, it is better to do so. However, some people want a little sweetness at the end of a meal. If one chooses to go with any type of sweetener, I suggest going with honey or high quality maple syrups. If you choose to eat this for breakfast, I suggest you avoid the honey, so you can just fire on fat and ketones alone. Any way you make it, this pudding, or shake (depending on your level of thickness), is a total treat!

Ingredients for Pudding:

- 2 1/2 cups coconut milk
- 1 cup chia seeds
- 1 tablespoon honey (optional)
- 3 teaspoons vanilla extract
- 2 tablespoons MCT oil

Ingredients for Toppings:

- Handful of fresh blueberries
- 1/2 cup dried goji berries
- Shredded unsweetened coconut

Directions:

Step 1. Pour your coconut milk, 1 tablespoon of honey (optional), and 3 teaspoons of vanilla extract into a blender and blend until pureed.

Step 2. Pour the contents of blender into a bowl and gently whisk in your 1 cup of chia seeds.

Step 3. Cover and place in fridge for 5 minutes.

Step 4. When you plate individual puddings, garnish with fresh blueberries, a small handful of dried goji berries, a tablespoon of shredded coconut, and finish with a healthy pour of MCT oil.

Nutritional analysis (without honey): calories: 473, total fat: 24 g, saturated fat: 12 g, cholesterol: 0 mg, dietary fiber: 25 g, protein: 16 g