



RECIPE | MELONS

MELON CHIA PUDDING



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12 hours

15 min
PREP.

0 min
COOKING



4



easy

INGREDIENTS

- 2** Pure Flavor® Solara® Mini Melons
- 1** lime, juiced and zested
- 1 cup** full-fat coconut milk
- ½ cup** black chia seeds
- 5 tbsp** raw honey, divided
- ¼ tsp** salt
- Red grapes, halved for garnish
- Cherries, chopped for garnish
- Mint, for garnish

DIRECTIONS

- 1** Halve the melons and scoop out the seeds. Using a spoon, scoop out the flesh and cut melon cubes, then set melon bowls aside.
- 2** Place melon, coconut milk, 4 tablespoons of honey, salt, lime zest and juice in a blender. Pulse until the melon is completely smooth and honey is fully incorporated. Pour into a mixing bowl, taste, and add more salt if needed.
- 3** Pour chia seeds into the melon mixture and whisk until well combined. Place in the refrigerator for 15 minutes then whisk again to ensure all chia seeds are fully combined.
- 4** Pour into an airtight container and set overnight.
- 5** To serve add pudding to melon bowls, drizzle with remaining honey, and top with grapes, cherries, and mint.