



RECIPE | MELONS

MELON CHIA PUDDING



15 min
PREP.



4



easy

12 hours

0 min
COOKING



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
⅛ 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.