Chia seed pudding with coconut milk

1 ½ cups unsweetened canned coconut milk
¼ cup chia seeds
1 tsp honey (more to taste)
½ tsp cinnamon (more or less to taste)

Mix all ingredients together. Stir the chia seeds well. Chill in refrigerator for at least 4 hours.

May serve with fruit if desired

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 194	
	% Daily Value *
Total Fat 17 g	**26 %**
Saturated Fat 13 g	**64 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 36 mg	**1 %**
Potassium 160 mg	**5 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 2 g	**5 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**7 %**
Iron	**7**