

Coconut Cream and Mango Bowl

A sweet and nutritious tropical breakfast!



Makes 1 bowl; Takes 15 minutes

1 cup of Coconut Milk or Coconut Cream

1 Mango

1 Pear

1 Banana

2 Tbsp. of Chia Seeds

Ginger (powder or fresh, minced)

Sprinkle of Cinnamon

1. Soak the chia seeds in the coconut milk/cream for 10-15 min.
2. Chop up the banana, pear, and mango into a bowl.
3. Pour the chia seeds and milk/cream into the bowl.
4. Add the ginger and cinnamon to taste.

Did you know?

Mangoes act much like pineapple, and have supportive enzymes that will help to digest proteins in your body. Some natural digestive aid supplements have mango, pineapple or papaya in them.