

Dilmah Golden Milk Chia Pudding



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Ingredients

Dilmah Golden Milk Chia Pudding

- 1 1/2 cup Chia Seeds
- 1 lt Unsweetened Coconut milk infused with 12.5g tropical breakfast tea for 40 minutes
- 1 tsp ground Turmeric
- 1/2 tsp ground Cinnamon
- 1/2 tsp ground Ginger
- Pinch of Black Pepper (aids in absorption of the Curcumin in Turmeric. You can't taste it!)
- Pinch of Salt
- 1 tbsp Vanilla Extract
- 1/2 tsp ground Cardamom
- 1/4 tsp ground Cayenne Pepper
- 2 tbsp Liquid Sweetener

Methods and Directions

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- Combine all ingredients in a large bowl and mix well.
- Let sit for 5-10 minutes, then whisk again. Sometimes the Chia seeds will stick to the bottom of the container and leave extra liquid on top.
- Divide the mixture evenly between 4 jars, then place each jar in the fridge for at least 6 hours.
- top with fresh mango blueberries, Coconut.



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teainspired.com/dilmah-recipes 01/02/2026