

Chia Colada Smoothie

1 ½ cups frozen pineapple chunks

½ cup non-dairy milk

¼ cup Vanilla Chia Base

1. Combine all ingredients in a high-speed blender and blend for 1-2 minutes or until smooth.
2. Top with non-dairy whipped topping and toasted coconut flakes.

Makes 1 serving.

Easy Creamy Overnight Oats

1 cup non-dairy milk

½ cup Vanilla Chia Base

½ cup old-fashioned rolled oats

1. Combine all ingredients in a medium container and whisk until smooth.
2. Cover and refrigerate overnight.
3. Serve with fresh or frozen fruit, nuts or granola.

Makes 1 large or 2 small servings.

Peaches and Cream Chia Breakfast Bowl

½ cup Vanilla Chia Base

½ cup plant-based vanilla yogurt

1 medium ripe peach, sliced

1 teaspoon pure maple syrup

¼ teaspoon ground cinnamon

¼ cup gluten-free granola

2 tablespoons creamy almond butter

1 tablespoon roasted pumpkin seeds, pecans or walnuts

1. In a small bowl, stir together Vanilla Chia Base and plant-based yogurt.
2. Toss peach slices with maple syrup and cinnamon. Layer on top of chia mixture.
3. Top peaches with granola, drizzle with almond butter and sprinkle with roasted nuts. Serve immediately.

Makes 1 serving.

Chocolate Chiasicles

1 cup Vanilla Chia Base

1 cup full-fat coconut milk

¼ cup pure maple syrup

¼ cup cocoa powder

1. Combine all ingredients in a high-speed blender. Blend on high for 2-3 minutes or until completely smooth.
2. Pour mixture into popsicle molds and freeze overnight.
Makes 6 popsicles.

Chocolate Cherry Chia Trifle

1 baked 9-inch vegan chocolate cake*

3 cups pitted sweet cherries, halved

1/3 cup cherry preserves

2 cups coconut cream, chilled (not cream of coconut)

1 cup Vanilla Chia Base

½ cup powdered sugar

Shaved chocolate, for topping

1. Cut cake into 1-inch cubes. Set aside.
2. In a medium bowl, combine halved cherries and cherry preserves. Stir together until cherries are evenly coated.
3. In a large bowl, use an electric mixer to beat chilled coconut cream on high speed for 1-2 minutes. Add powdered sugar and beat for an additional 3-5 minutes or until thickened and holds soft peaks.
4. Divide whipped coconut cream into two separate bowls. To one half, add Vanilla Chia base and gently fold together until evenly combined. Set the second half aside.
5. To assemble trifle, place approximately 1/3 of cubed chocolate cake into the bottom of a large trifle or glass bowl. Top with ½ of the chia mixture and 1/2 of the cherries. Repeat layering with remaining ingredients, ending with a layer of cake.
6. Top with the second half of the whipped coconut cream and sprinkle with shaved chocolate.
7. Chill at least 4 hours before serving or up to overnight.
Makes 16 servings.

*Day old cake works great in this recipe. Use gluten-free cake to make recipe gluten-free.

Banana Pudding

4 large bananas, ripe but not brown

1 teaspoon lemon juice

2 cups chilled coconut cream (not cream of coconut)

½ cup powdered sugar

1 cup Vanilla Chia Base

8 oz vanilla wafer cookies (vegan and gluten-free if desired)

1. In a high-speed blender or food processor, blend 2 bananas with lemon juice until smooth.
2. Pour banana puree into a large bowl and add Vanilla Chia Base. Stir until well combined.
3. In a separate large bowl, use an electric mixer to beat chilled coconut cream for 1-2 minutes. Add powdered sugar and beat for an additional 3-5 minutes or until thickened and holds soft peaks.
4. Add half of whipped coconut cream to banana mixture and gently fold until combined.
5. Slice remaining 2 bananas into thin slices.
6. To assemble, place 1/3 of the banana mixture into the bottom of a large glass bowl. Top with half of the sliced bananas and a layer of vanilla cookies. Repeat layering ingredients, ending with a layer of the banana mixture.
7. Top with the remaining whipped coconut cream and crushed vanilla cookies.
8. Chill for 4-6 hours before serving. Best if eaten within 12 hours.

Makes 16 servings.

Chocolate Peanut Butter Mousse

1 cup Vanilla Chia Base

½ cup full-fat coconut milk

1/3 cup creamy peanut butter

1/3 cup dairy-free chocolate chips

1 tablespoon coconut oil

1. Combine chocolate chips and coconut oil in a microwave safe container. Microwave 30 seconds at a time until melted, stirring after each increment. Allow to cool slightly.
2. Combine Vanilla Chia Base, coconut milk and peanut butter in a high-speed blender. Blend for 1-2 minutes or until smooth.
3. Add cooled chocolate mixture and blend for an additional minute.
4. Pour mousse into ramekins, small glasses or dessert dishes. Chill for 4-6 hours.
5. Top with dairy-free whipped topping, berries or chocolate ganache. Mousse can also be used to fill a cake, tart or pie.

Makes 4 servings.

