

Chia Coconut Delight

- 1 can [coconut milk](#) (Stir well if the cream is all on top.)
- 4 T **dark chia seeds** (for colour contrast)
- 2 ripe [passion fruit](#), cut in half and seeds scooped out
- 1 mango, half finely chopped, half thinly sliced
- 2 T **coconut nectar**, or your favourite sweetener, divided
- 12 strawberries, thinly sliced with the green stem and half finely chopped
- 1 T **good quality chocolate chips**

In a medium sized bowl combine the coconut milk, chia seeds and half the coconut nectar. Divide the chia coconut mixture into 4 small clear glass jars. Refrigerate covered for a few hours or until firm. In a small pan, heat the passion fruit, the chopped mango and the chopped strawberry with the remaining coconut nectar over medium heat, for about a minute. Top each jar with the cooked fruit, spilling a little of the fruit into each plate. Garnish the plates with sliced strawberries including the green stems, mango slices and a few chocolate chips. Serve with a small spoon. Serves 4.

Jittery Cook