

Menu Planning

Cuisine

Mango Chia Breakfast Pudding

In the spirit of living healthy in the New Year, here's a healthy, flavor-popping Mango Chia Breakfast Pudding



Photo courtesy The Perfect Purée of Napa Valley



Recipe Provided By

- Michelle Lainez, Owner @ Chef Michelle & Company

Growing up in a El Salvadoran household, zero waste wasn't a trend, it was a part of life for Michelle Lainez. Now, as the owner of the Los Angeles catering company Chef Michelle & Company, Lainez is a strong advocate for zero waste and conscious eating. Chef Michelle & Co. provides indoor and outdoor catering and event planning for intimate dinners, grand celebrations and everything in between. The goal is creating magical environments for memorable events. "My cooking aesthetic is generally rustic. I try to use natural elements, textures and splashes of color," she says.

Lainez's style suits today's catering climate where people are choosing rustic hors d'oeuvres boards over pricier passed small bites to start a meal. "Maybe because it's a voting year, but I have found that everyone is on a budget more than ever," she says. "There has definitely been a bigger shift to buffet style service from plated dinner service."

In the spirit of living healthy in the New Year, Lainez makes a healthy, flavor-popping Mango Chia Breakfast Pudding with versatile coconut and mango purées ([a 2025 food trend!](#)).

Ingredients

For Mango Gelée

1½ cups The Perfect Purée of Napa Valley Mango puree, thawed
1 T lemon juice



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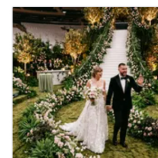
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1½ tsp agar agar
½ cup sugar
1 cup water
1 ea. large mango, diced

For Coconut Chia Layer

2 cups The Perfect Purée of Napa Valley Coconut puree, thawed
½ cup chia seeds
1 ½ T maple syrup (or more to taste for sweeter flavor)

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Steps

For Mango Gelee

1. Heat 1 cup of water in a small pan. When it reaches a gentle boil, reduce the heat and add the sugar and agar powder. Mix well until the sugar and agar powder is completely dissolved. Stir continuously; if not, the agar will form a thin layer on the bottom of the pan.
2. Add Mango puree to the sugar mixture and stir, adding more sugar to taste if necessary. Remove from heat and add 1 tbsp. of lemon juice.
3. Place the Mango and sugar mixture in a bowl and let cool. Once cooled, toss in the fresh mango and mix. Place 4 ounces in each cup or mason jar and place in the fridge for an hour or until lightly firm.
4. Once firm, top with chia seed layer and enjoy.

For Coconut Chia Layer

1. In a large mixing bowl, combine the chia seeds, Coconut purée and maple syrup until well mixed.
2. Cover chia pudding and refrigerate, giving it a shake/stir about every 30 minutes because chia has a tendency to clump. Let the mixture thicken overnight.



About the Author



Michelle Lainez

Owner, Chef Michelle & Company

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