

Mango Chia Pudding: Easy, Creamy Treat You'll Love

Mango chia pudding recipe is one of those quietly perfect dishes that tastes like sunshine in a spoon. I started making it during hot Brooklyn summers, craving something cool, creamy, and naturally sweet without ever touching the stove. It's just ripe mangoes, coconut milk, maple syrup, and chia seeds. No shortcuts, no weird extras.

My abuela would've appreciated this modern take on fruit and cream, especially the way chia gives it that pudding-like texture. Whether it's breakfast, a light dessert, or just a mid-afternoon pause, this mango chia pudding brings a little joy to every bite. Simple, chilled, and meant to be shared. Let's make something golden and good.

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Why This Mango Chia Pudding Recipe Stays in My Rotation

A No Cook, Soulful Treat Straight From the Fridge

My abuela never passed down a mango chia pudding recipe, but if she had ripe mangoes, a can of coconut milk, and a peaceful afternoon, she would have figured it out. That is how she cooked,

using what was around, adding heart, and creating something special. This pudding feels like a modern echo of that tradition in my Brooklyn kitchen.

It is what I reach for when I want something cool, naturally sweet, and soothing without firing up the stove. Just blend, whisk, chill, and let the chia work its quiet magic.

What makes this pudding feel so grounded is its simplicity. It starts with whole, vibrant ingredients with no mixes or shortcuts. Mangoes bring bold flavor and brightness, full fat coconut milk adds silky richness, and maple syrup offers just enough cozy sweetness. The chia seeds bring it all together, turning the mixture into something creamy and satisfying. Each spoonful feels like a moment of calm.

Perfect for Busy Days But Never Feels Rushed

Mango chia pudding recipe slides easily into the rhythm of real life. I usually make it with music playing, windows cracked open, maybe after clearing the dishes or while getting ready for guests. It rests in the fridge, quietly transforming, and greets you later like a little gift. When I serve it at pop ups, people ask for the recipe before they even finish it.

It also works beautifully as a complement to something richer. Pair it with my [Limoncello Tiramisu Recipe](#). The brightness of the mango and coconut cuts through the creaminess in a way that just works. It is simple, soulful food, the kind that makes you feel at home even if you have never had it before.

Mango Chia Pudding – 1 Easy Vegan Treat

No reviews

- Author: [Aaron recipes](#)
- Total Time: [40 minutes](#)
- Yield: [4 servings 1x](#)
- Diet: [Vegan](#)

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Description

This mango chia pudding recipe is a creamy, tropical treat made with just four ingredients—perfect for breakfast or dessert. Healthy, dairy-free, and naturally sweetened.

Ingredients

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Scale 1x 2x 3x

- ☐ 2 Large Fresh Mangos (~500g) Peeled and cored
 - ☐ ½ cup Chia Seeds (80g)
 - ☐ 2 cups Coconut Milk (480ml), Canned, Full Fat, Unsweetened
 - ☐ 4 Tbsp Maple Syrup or other sweetener of your choice
 - ☐ Cook Mode Prevent your screen from going dark
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Instructions

1. Add the flesh of one of the mangos to the blender and purée it until smooth.
2. Chop the second mango into small chunks and set aside.
3. In a mixing bowl, combine the mango purée, chia seeds, coconut milk, and maple syrup.
Chia seeds and mango pulp in a mixing bowl with whisk
4. Whisk well to fully incorporate the chia seeds.
5. Stir in the chopped mango, saving a few pieces for topping.
Mango chunks and chia seeds being mixed into pudding base
6. Refrigerate the mixture for 15 minutes, then stir again.
7. Return it to the fridge for another 15 minutes to fully set.
8. Spoon the pudding into serving glasses and top with reserved mango chunks.
9. Serve chilled.

Notes

You can store leftovers in an airtight container in the fridge for up to 5 days.

This recipe works well as breakfast, a snack, or dessert.

- Prep Time: 40 minutes
- Cook Time: 0 minutes
- Category: Dessert
- Method: No-Cook
- Cuisine: Vegan, American

Nutrition

- **Serving Size:** 1 serving
- **Calories:** 431
- **Sugar:** 31.5g
- **Sodium:** 35mg
- **Fat:** 27.5g
- **Saturated Fat:** 17.8g
- **Unsaturated Fat:** 9.7g
- **Trans Fat:** 0g
- **Carbohydrates:** 5.9g
- **Fiber:** 8.9g
- **Protein:** 6g
- **Cholesterol:** 0mg

Did you make this recipe?

Share a photo and tag us-we can't wait to see what you've made!

What Makes the Mango Chia Pudding Ingredients So Special

Just Four Ingredients Full of Soul and Simplicity

The beauty of this mango chia pudding recipe is how little it takes to make something so comforting. With just four ingredients, this recipe comes together easily but delivers rich, satisfying flavor. Ripe mangoes bring the sweetness and golden color that make this dish stand out.

Coconut milk adds a creamy richness, maple syrup gives it gentle warmth, and chia seeds create that thick, spoonable texture that keeps you coming back.

When I make this in my Brooklyn kitchen, the first thing I do is smell the mangoes. If they carry that heady summer scent and feel slightly soft, I know they are just right. Using full fat coconut milk gives the pudding its smooth body, coating the chia like velvet and helping everything set into a lush, creamy dessert.

Customizing with Toppings and Add Ins

This pudding is the kind of recipe that welcomes your personal touch. For brunch, I love adding toasted coconut flakes or a bit of lime zest. When it's time for dessert, a spoonful of coconut whipped cream or a hint of vanilla makes it feel extra special.

Sometimes I add crunch with chopped almonds or pistachios. It is naturally dairy free, gluten free, and vegan, so it works for just about everyone. And if mango is your favorite fruit like it is mine, check out my [Mango Pudding Recipe](#) for a silky, nostalgic option that pairs beautifully with this one.

Close-up of mango chia pudding with fresh fruit

The Magic Method Behind Mango Chia Pudding Recipe

No Cook Technique That Delivers Every Time

What makes this mango chia pudding stand out is that it requires no cooking at all. No stovetop, no oven, no stress. All it takes is a bowl, a spoon, and a little time. I start by blending one mango into a smooth purée and dicing the second into small cubes.

Next, I mix the purée with coconut milk, maple syrup, and chia seeds until well combined. That first stir is where the transformation begins. The mixture starts to thicken, and the mango gives it that beautiful yellow orange color.

I fold the chopped mango in at the end and always save a few pieces to sprinkle on top. It adds a bit of texture and makes the finished bowl even more appealing.

Mango Chia Pudding : Rest and Chill for the Perfect Set

Once everything is combined, the pudding just needs a little time in the fridge to work its magic. It begins to set after about 30 minutes, but I like to let it chill overnight for the smoothest, creamiest texture. After about 15 minutes, I give it another stir to keep the chia seeds from clumping, then let it finish resting.

Served cold, this mango chia pudding is pure comfort. Smooth, naturally sweet, and full of flavor. I have offered it at pop ups alongside [Chocolate Brownie Tiramisu](#), and it always holds its own. The fruitiness brings balance to the richness, making it perfect for breakfast or dessert.

Why Mango Chia Pudding Recipe Works for Any Occasion

Mango Chia Pudding : Breakfast Dessert or Midday Pick Me Up

One reason I always come back to this mango chia pudding recipe is how adaptable it is. I have had it early in the morning with a strong cup of coffee, and again after a hearty dinner, and each time it felt just right. It is rich enough to pass for dessert but light and nourishing enough to work for breakfast too. That balance is something I look for in every recipe I create, something that feels good and tastes even better.

Whether you are planning meals for the week or entertaining friends, this pudding fits in effortlessly. Just pour it into small jars, chill overnight, and you have a ready made treat that looks impressive without requiring much time. It stays fresh in the fridge for up to five days, and honestly, it only gets creamier with time.

Prep Ahead and Savor Later

Between pop ups, teaching classes online, and staying on top of my own meals, this mango chia pudding recipe keeps me grounded. It takes just minutes to prepare, yet feels like something made with care. Even if I am eating it solo at the counter, it brings a sense of comfort.

Sometimes I pair it with something more indulgent, like my [Crepe Cake Tiramisu](#). The creamy fruitiness of the pudding alongside the rich tiramisu layers is a match I never get tired of. This is not

just a trendy dish, it has become a kitchen regular. Something that nourishes and comforts, all at once.

How This Mango Chia Pudding Recipe Fits Any Diet

Naturally Vegan Dairy Free and Gluten Free

If you are looking for a dessert that ticks all the boxes without losing flavor, this is the one. It has no dairy, no gluten, and no refined sugar if you choose maple syrup or agave. It fits right into plant based, vegan, and even paleo lifestyles with no compromises. That is one of the reasons I often include it in my event menus or family meals.

When I serve it at dinners, it is always the surprise favorite. People dive in because of the creamy texture and bright mango flavor, then are shocked when I mention it is made from just fruit, coconut milk, chia seeds, and a natural sweetener. Their reaction says it all, it tastes indulgent but feels nourishing.

Easy to Modify for Anyone at the Table

Another reason this recipe works so well is because it is easy to adjust. Want to cut back on sweetness? Just reduce the syrup. Need more protein? Stir in a scoop of plant based protein powder or a dollop of thick vegan yogurt. Looking for crunch? Add granola or crushed almonds before serving.

Chilled mango chia puddings set in glasses, ready to serve

The core of mango chia pudding recipe remains strong and satisfying. I have even layered it into fruit parfaits at events to give it a modern twist. Try serving it after something like [Bourbon Pecan Pie Chocolate Recipe](#) and you will see how refreshing it can be as a final bite.

This mango chia pudding recipe makes it easy to please everyone around the table with just one dish, and that is always a win.

How Mango Chia Pudding Recipe Brings Flavor and Wellness Together

A Healthy Choice That Still Feels Indulgent

What I love most about this mango chia pudding is how it combines nourishment with a touch of indulgence. You get fiber, omega 3s, and natural energy from chia seeds and mangoes, but it still tastes like something you would serve at a summer gathering. The creamy texture from coconut milk and the natural sweetness of mango make each spoonful feel like a little escape without any sugar crash.

It has become a go to during long workdays or when I need a quick but comforting bite. When I am teaching virtual classes or prepping for events, this pudding keeps me going without weighing me down. It fills me up, boosts my mood, and keeps me focused. The chia gives it staying power, while the mango adds just enough natural sugar to energize without being overwhelming.

It is also something I genuinely look forward to eating, which is rare when it comes to “healthy” recipes. The simplicity of the ingredients makes it feel clean, but the flavor and texture make it feel like dessert. That balance is why I keep making it again and again.

Perfectly Paired with Other Fruit Based Desserts

This pudding also plays well with other fruity dishes. I love pairing it with my [Lemon Blueberry Delight Recipe](#). The sharp citrus and rich berries balance the mango so beautifully. Together, they make the kind of colorful, craveable combo that has guests reaching for seconds. The bright golden mango next to a swirl of purple and blue makes the dessert table feel vibrant and fresh. It is more than a recipe, it is a full sensory experience.

Mango Chia Pudding Recipe as a Culinary Canvas

A Recipe You Can Reinvent Every Time

What makes this mango chia pudding recipe so special is how endlessly adaptable it is. One day I might stir in passionfruit pulp for a tangy twist. Another day, I might blend in a touch of cinnamon or cardamom for a cozy flavor that suits cooler weather. It is the kind of dish that invites creativity without losing its essence. Layer it with coconut yogurt, sprinkle granola on top, or add sliced bananas for a different experience every time. No matter how I customize it, the base always delivers comfort and flavor.

This mango chia pudding works just as well for a relaxed solo breakfast as it does as a beautifully plated dessert. Serve it in a mason jar, a clear glass, or a ceramic bowl, and it instantly looks beautiful. That polished feel with minimal effort is one of the reasons it is always part of my go to rotation. It is a simple recipe that consistently feels elevated.

Elevating Simplicity with Matcha and Texture

One of my favorite pairings for this mango chia pudding is my [Matcha Tiramisu](#). The earthy depth of matcha contrasts perfectly with the bright mango sweetness. Visually, the green and gold side by side make a striking presentation. Texture wise, the pairing is even more satisfying. You get the creaminess of the pudding, the light sponge of the tiramisu, and the airy whipped layers all at once.

Glasses of mango chia pudding with spoons, ready to serve

This mango chia pudding recipe works through every season. It adapts to whatever flavors I am craving, and it never fails to bring comfort. That kind of consistency, wrapped in flexibility, is what keeps it in my kitchen year after year.

Conclusion

At the heart of this mango chia pudding recipe is a kind of quiet joy, The kind you find when simple things come together just right. It's not flashy or fussy, and it doesn't pretend to be anything more than what it is: a cooling, creamy, fruit-forward treat that works just as well for breakfast as it does for dessert. But in that simplicity lies its power. It's a recipe built on care, on intention, and on flavors that speak for themselves.

For me, it's a way to connect, To memories of my abuela turning simple ingredients into soulful dishes, to quiet mornings before the world gets loud, to those evenings when I just need something good from my own fridge. This mango chia pudding recipe has earned a permanent place in my kitchen not just for how it tastes, but for how it feels. Easy, nourishing, reliable, and full of flavor. It invites you to slow down, to enjoy each bite, and to remember that even everyday recipes can carry meaning.

Whether you serve it in mason jars or elegant glass bowls, I hope it brings you the same comfort and delight it brings me. Because food, at its best, is never just food, It's a moment, a memory, and a little bit of love in every spoonful.

If this mango chia pudding recipe hit the spot, I've got plenty more where that came from. From bold, soulful desserts to easy, flavor-packed meals, I'm always sharing new ideas straight from my kitchen. Want more recipes that bring comfort, culture, and a whole lot of flavor? Follow me on [Pinterest](#) and join the community. It's the best way to stay inspired and see what I'm cooking up next, From classic treats with a twist to fresh creations that tell a story.

Frequently Asked Questions About Mango Chia Pudding Recipe

How long does mango chia pudding last in the fridge?

When stored properly in an airtight container, mango chia pudding stays fresh in the refrigerator for four to five days. That is one of the many reasons I love this mango chia pudding recipe. It fits right into a busy lifestyle. I usually divide it into small jars so I can grab one before class or enjoy it later as dessert. Over time, the chia seeds soak up more liquid and the texture gets even creamier. If it becomes too thick, just stir in a little coconut milk to bring it back to your preferred consistency.

How can I avoid slimy texture in chia pudding?

A slimy result usually means the chia seeds were not stirred enough. Chia needs both time and movement to expand evenly. I always stir once when I first mix the pudding, then again about 15 minutes later. That second stir breaks up clumps and ensures everything blends smoothly. Using the correct ratio of seeds to liquid, like this mango chia pudding recipe follows, also helps you get it just right. Follow the method and you will get silky results.

Can mango and chia seeds be combined safely?

Absolutely. This mango chia pudding recipe brings together two nutritious ingredients naturally. Mango offers vitamins A and C, while chia seeds add fiber, protein, and omega 3s. It is a nourishing and satisfying combination I have served at brunches and pop ups. People love the flavor and the energy boost.

Can I freeze mango chia pudding?

Technically you can freeze it, but I do not recommend it. Freezing affects the mango and breaks the gel texture of the chia. The result may be gritty or watery. Luckily, this pudding keeps well in the fridge for nearly a week. Make a batch, divide it into jars, and enjoy fresh servings daily.

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