



Chia Pudding

This is the perfect snack for a sweet tooth as well as a healthy breakfast option. Great to have a few glasses prepared in the fridge, will keep for a week but guaranteed they will not last that long!

Serves 5

Divide mixture between 5 small glasses.

Ingredients:

- 100g whole chia seeds (20g per glass)
- 25g cacao powder
- 1tbsp maple syrup (You can use another 1 tbsp here if you need) or better still use 1-2 drops of vanilla extract.
- Dash of cinnamon,
- 360ml of plant milk
- 1tbsp 0% Greek Style Natural Yogurt
- 1 tsp mixed seeds
- 1 strawberry sliced or 5 raspberries or 5-6 blueberries

Method:

- In a jug add the cacao powder, maple syrup, vanilla extract, plant milk and cinnamon and whisk well.
- Divide the Chia Seeds between the 5 mini glasses.
- Pour the mixture evenly on top over the five glasses.
- Using a spoon, stir the mixture in each glass well.
- Leave in the fridge overnight if possible.



- The result should be a cacao style mousse.
- Add 1 tbsp of natural or Greek style natural yogurt.
- Sprinkle your seeds and berries on top.