



# Chia Pudding

Serves: 2 | Gluten Free | Dairy Free | Plant Based | Breakfast



## INGREDIENTS

2 tbsp of chia seeds  
1 tbsp flaxseeds (ground is best)  
1/2 cup almond milk (or any milk of your choice)  
1 tsp maple syrup  
1/2 tsp vanilla extract  
1/2 tsp cinnamon (ceylon)

## METHOD

1. Put the chia seeds, flaxseeds, maple syrup, vanilla and cinnamon in a glass or jar, cover with 1/2 cup milk of your choice.
2. Stir well a couple of times and cover overnight in the fridge.
3. In the morning, divide chia mix between 2 glasses, layer on some coconut yoghurt, add fresh or frozen berries.

Warming the berries is nice in the winter especially if using frozen.

### *Health Benefits*

Chia is a good source of anti-inflammatory omega 3 fatty acids. Add flaxseeds for fibre, hormone balance and to keeps you regular!