

KICKSTART YOUR DAY

Cacao Chia Pudding

YOU WILL NEED

Makes 4 small pots

¼ cup chia seeds

2 tbsp cacao

1 tsp cinnamon

¼ tsp sea salt

2 medjool dates, pitted

1 cup almond or coconut milk

PROCEDURE

- Place all ingredients except chia seeds in a blender & blitz for 2 minutes until smooth.
- Pour into a bowl. Add chia seeds & combine well.
- Pour into jars or small ramekins.
- Refrigerate for 4 hours or overnight.

Top with garnish of choice - cacao nibs, nuts, seeds, strawberries, raspberries, yoghurt.



HEALTH TIP

Chia Seeds:

High in protein & fibre.

Excellent source of Omega 3s

High in calcium.

a cut above

catering

www.acutabovecatering.com.au