

ENERGISING

# Chia & Berry Pudding

## YOU WILL NEED

- 1 cup coconut or nut milk
- ½ cup berries, frozen or fresh
- ¼ cup chia seeds

Top with nuts, seeds, berries & yoghurt.

## PROCEDURE

- Add berries to nut milk & blitz in blender.
- Stir through chia seeds until well combined. Let rest for 15 minutes.
- Stir well before pouring into small jars or ramekins.
- Refrigerate for 4 hours or overnight.
- Add your topping of choice.



## HEALTHY BIT

Chia seeds are high in protein and fibre. Also an excellent source of Omega-3s that fight inflammation.

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