



BERRY CHIA PUDDING

1 CUP

+

1/2 CUP

+

1/4 CUP

LIQUID

- almond milk
- macadamia milk
- oat milk
- coconut milk

BERRIES

- raspberries
- blackberries
- blueberries
- strawberries

CHIA SEEDS

- black chia seeds
- white chia seeds

METHOD

- Add 1 cup non-dairy milk and 1/2 cup berries to blender or food processor. Blitz until smooth.
- Pour into a bowl or jug. Add 1/4 cup chia seeds, combining well.
- Let rest for 15 minutes. Stir again before pouring into four small jars or ramekins.
- Refrigerate for 4 hours or overnight.
- Top with extra berries, yoghurt and nuts for a well balanced breakfast.