



CHIA NUT PUDDING

BREAKFAST | PREP 5MIN | SERVES 1

INGREDIENTS

1 Tbsp of LSA
1 cup of coconut milk
1 tsp of honey
1 and a 1/2 tsps. of ground cinnamon
1 tsp of vanilla extract
1 cored apple, skin on, grated
1/4 of a cup of chia seeds

TO SERVE

Shaved Coconut
Chia Seeds
Sliced Apple

DIRECTIONS

Combine all ingredients in a large jar or bowl, mix together well. Cover and chill overnight or up to 5 days until needed.

Serve topped with yoghurt, kiwifruit and orange. Dust with cinnamon before serving.

* You could combine up to 5 portions of the chia pudding ingredients into a large bowl and leave in the fridge. Simply take out what you need each morning and add toppings.

*Nutritional analysis based on 1 serve

Energy 3349kJ | Protein 14.1g | Carbohydrates 57.3g | Fat 52.9g