

BLUEBERRY CHIA BREAKFAST PORRIDGE



This delicious chia seed pudding is packed with loads of nutrition. Chia seeds are an easily digestible form of protein that is rich in iron, magnesium, calcium, and phosphorous. Sustains your energy for hours.

Makes 4 servings

INGREDIENTS

- 1 cup chia seeds
- 4 cups almond milk (coconut, rice, hemp)
- 4 medjool dates, pitted
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 4 teaspoons vanilla extract
- 2 cups of blueberries (fresh or frozen)

METHOD

Place almond milk, dates, vanilla, cinnamon, and nutmeg into blender until smooth consistency. Pour milk mixture into bowl. Add chia seeds and blueberries. Stir really well making sure that all the seeds are moistened. Put in fridge overnight. In the morning, stir well and your breakfast is ready. Add-on's: sliced bananas, raspberries, flaked almonds, or sunflower seeds

Chia Seeds contain the perfect balance of Omega-3 and 6 fatty acids, which is rarely found in a food source.