



Raw High Energy Brekkies

Every Morning Chia Pudding

This is a great breakfast recipe and ideal for pre-making. The easiest method is to soak the seeds in large batches of liquid, then store it in the fridge where it will last for up to a week.

You then take as much mixture as you need, mix in the yoghurt, honey and fruit and your breakfast is ready in no time.

You can flavor it differently for example, using coconut milk or cacao powder, which kids will love. Chia pudding is great to take to work.

Estimated Preparation Time: 5 minutes

Completion Time: 20 minutes

Skill Level: easy

Serving Size: 1 large or 2 medium serves

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Equipment:

Bowl

Whisk

Spatula or Wooden Spoon

Ingredients

¼ cup of chia seeds

¾ cup of nut milk or milk or water

½ cup of yoghurt

1-2 tablespoon of honey

1 teaspoon of cinnamon

1 cup mixed chopped up fruits such as bananas, melon pears apples etc.

1 handful of berries



Method

1. Place the seeds into the mixing bowl
2. Add the nut milk (or other liquid) and stir with the whisk for at least 1 minute
3. Once you see the mixture turn jelly like, set the pudding aside and let sit for 10 minutes (or in the fridge for up to a week)
4. Add the yoghurt
5. Add the cinnamon
6. Add honey
7. Add the fruits and mix well together
8. Plate and top with the berries

Note: The pudding will last in the fridge for up to a week. It lasts longer if the fruits are not in it. Freezing is not recommended but does work with a slight change in texture.

What can you serve this with?

You can add any flavor you desire.

You can leave the honey out and flavor the mixture with more savory options by adding grated carrots or chopped celery for example.