



## **Chia seed pudding recipe**

1 dessertspoon chia seeds

1 dessertspoon flaxseeds

½ - 1 cup milk (eg coconut, almond milk)

Nuts – such as almonds or walnuts (whole, chopped or crushed) – around 5-6

Seeds – mix of sunflower seeds and pepitas – around 1 dessertspoon

Fruit – seasonal fresh fruits or frozen (eg berries) – around ½ cup

¼ cup natural yoghurt (optional)

1 tsp coconut flakes (optional)

Pinch of cinnamon or nutmeg

1. In a dry clean jar, combine the chia & flaxseeds and the coconut/almond milk and pinch of cinnamon or nutmeg. Stir well so that the seeds are well combined with the milk. If using frozen fruit, add this. Place in fridge overnight to set. Note – you can adjust the consistency to your liking by increasing the amount of milk to make a softer pudding or reducing it to make more of a mousse consistency.
2. Before consuming - place a layer of fresh fruit (if using) on top of the pudding, add a layer of nuts and seeds over the fruit. Finish the pudding off with a layer of natural yoghurt, and coconut flakes on top.