

Try this delicious Chia Porridge for breakfast to get a yummy fibre rich kick start to your day!



Ingredients

- 3 Tbsp chia seeds
- 1/2 tsp cinnamon powder
- 1/6 tsp cardamom powder
- 1/4 Allspice
- 1/2 tsp vanilla essence
- 1 tsp honey
- 1 cup almond milk
- 1/2 cup diced strawberries and blueberries
- 1/2 cup mixed unsalted cashews, walnuts and almonds chopped



Method

Sprinkle chia seeds into a bowl with the almond milk and then stir immediately for a couple of minutes to avoid them clumping together. Add spices, vanilla and honey and continue to stir. Allow to stand for 40 minutes until it thickens, or leave covered in the refrigerator overnight. When ready, add berries and nuts and enjoy!

Tips

Soaking the nuts before chopping them will give the porridge a nice chewy texture.

Add finely chopped mint leaves for some extra fresh uplifting flavor!

