



CHIA BREAKFAST PUDDING

This is a great recipe if your busy and don't have time to make breakfast as it's made the night before.

 1 portion

INGREDIENTS

- 300ml of almond milk, unsweetened
- 1 large banana
- 1 tbsp of almond butter
- 1 tsp of maple syrups
- 5 tbsp of chia seeds
- 1/2 Cup of mixed Berries (75 g)

COOKING METHOD

- 1° Place almond milk, banana, almond butter, maple syrup and frozen berries into a blender and blend until smooth and creamy
- 2° Pour mixture into a glass and stir in chia seeds
- 3° Cover glass and leave in the fridge overnight or for at least 6 hours, so that it sets and the chia seeds expand
- 4° Note: You can use any type of fruit for this recipe

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (608 g)	% DRI
ENERGY	114 kcal	690 kcal	35 %
FAT	6 g	36 g	55 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	22 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	39 mg	235 mg	10 %
CARBOHYDRATE	14 g	83 g	28 %
SUGARS	5 g	32 g	—
FIBER	5 g	32 g	126 %
PROTEIN	3 g	19 g	—