

Chia Seed Breakfast Bowl

simple
healthy
delicious

Ingredients

Chia Mixture

- 4 tablespoons Nature's Earthly Choice™ Chia Seeds
- 1 - 1.25 cups milk or almond milk
- 2 small bananas, chopped small
- ½ teaspoon pure vanilla extract
- two pinches of cinnamon

Toppings

- 2 tablespoons raisins, soaked
- 2 tablespoons whole raw almonds, chopped and soaked
- A couple of pinches of cinnamon
- 2 tablespoons hemp seeds (optional)

Serving for: 2



The thickness of the Chia pudding will vary based on the kind of milk you use, so you can add more if necessary. If your pudding is too thin for your liking you can add more Chia Seeds and let it sit for 10 more

Directions

Mash bananas in a medium-sized bowl. Stir in Chia Seeds. Whisk in the milk, vanilla, and cinnamon until combined. Place in fridge overnight to thicken.

Add raisins and chopped almonds into another bowl. Cover in water and soak overnight in the fridge or on the counter.

In the morning, place your desired amount of Chia pudding into a bowl. (Note: at this point, you can blend your Chia pudding if a smooth texture is desired). Drain and rinse the almond/raisin mixture. Sprinkle on top of Chia mixture along with a pinch of cinnamon and a tablespoon of hemp seeds (optional). Serve with a drizzle of maple syrup, if desired.