

Chia berry pot

A delicious option for breakfast or a snack, prepared the night before in just a couple of minutes.

2 portions

Ingredients

- 1 tbsp. flaked almonds
- ½ cup full fat natural yoghurt (replace with coconut, soya or almond yoghurt for vegan version)
- ½ cup almond / coconut milk
- 2 tbsp chia seeds
- ½ tsp vanilla extract / pinch ground cinnamon
- 1 tsp maple syrup (optional)
- Blueberries and raspberries, or fruit of your choice

Directions

- Heat a frying pan and lightly toast the flaked almonds
- While nuts are toasting, place the yoghurt, milk, chia seeds, vanilla extract / cinnamon and maple syrup in a bowl and stir
- Divide the chia mixture into 2 pots or jam jars and leave in the fridge overnight
- In the morning, top each pot with fresh fruit and ½ tbsp flaked almonds
- The second pot will keep for another day in the fridge



Foodie tips:

- Replace fresh fruit with fruit compote made from frozen berries. Cook berries briefly before using
- Flaked almonds add texture and nutrition to this dish and toasting them really helps to bring out their best flavour. Toast extra at the same time and add to salads
- Replace vanilla with grated fresh ginger and turmeric and top with passion fruit for a tropical superfood boost