



Chia Fruit Pudding (ES)

Serving: 1

Veg

Ingredients

- Almond Milk / Coconut milk / Cow milk - 100ml
- Chia seeds-1 tbsp
- Mix fruits : 1 katori (Berries or apple or pear or strawberries)
- Almonds - 5 chopped
- walnuts - 2 chopped

Preparation Method

- 1. Combine milk and chia seeds in a bowl.
- 2. Mix well untill combined and the chia seeds begin to swell up.
- 3. Store covered in the refrigerator for at least an hour.
- 4. Stir well before serving and add a bit of water to the pudding if it become too thick.
- 5. Top with ,fresh fruit and nuts chopped