

ALMOND MILK/COCONUT YOGURT - 1

CUP

CHIA SEEDS (TO BE ADDED LATER) - 2

TBSP

PEANUT BUTTER - 1 TBSP

MANGO - 100G

OR HANDFUL OF STRAWBERRIES

OR BANANA - 1

(DIABETICS TO AVOID BANANA)

COFFEE - 1 TSP

CINNAMON POWDER - 1/4 TSP



## CHIA SEED PUDDING

### INSTRUCTIONS -

- 1.) BLEND ALL THE INGREDIENTS (EXCEPT CHIA SEEDS).
- 2.) POUR INTO A CUP.
- 3.) ADD CHIA SEEDS.
- 4.) REFRIGERATE TO SET.
- 5.) ADD GRAIN-FREE GRANOLA AND NUTS & SEEDS AND SERVE.

## INGREDIENTS -

- 1 RIPE AVOCADO
- 1/4 FINELY CHOPPED TOMATO
- 1/4 FINALLY CHOPPED ONION
- 1 CRUSHED CLOVE OF GARLIC
- SALT & PEPPER-AS PER TASTE
- LEMON JUICE.
- OPTIONAL- CHOPPED GREEN CHILLI, MINT/CILANTRO.

# GUACAMOLE

## INSTRUCTIONS -

- MASH THE AVOCADO IN A BOWL.
- ADD ALL INGREDIENTS & MIX.
- TO STORE LEFTOVER GUACAMOLE, TRANSFER TO A BOWL AND COVER WITH CLING WRAP WHILE PRESSING DOWN WITH YOUR FINGER TO MAKE SURE THE CLING WRAP TOUCHES THE GUACAMOLE AND THERE ARE NO AIR BUBBLES.