

Pitta Snacks

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Prep: 15 Cook: 0 Rest: 60 Servings: 3

Ingredients

- ½ cup ▸ Blueberry
- 1 cup ▸ Coconut Milk
- 1 tsp ▸ Flax Meal
- ½ ▸ Lime Juice
- 1 pinch ▸ Paprika (optional)
- 1 tbs ▸ Maple Syrup
- ▸ Blueberries (optional)
- 1 ▸ Banana
- 1 ▸ Avocado
- 1 pinch ▸ Salt
- 1 tsp ▸ Vanilla
- ▸ Pomegranates (optional)
- 1 handful ▸ Mint Leaves
- ¼ tsp ▸ Fennel Seed
- 1 tsp ▸ Ground Cumin
- ¼ cup ▸ Chia Seeds
- ▸ Almond Slices (optional)

Instructions

1. Avocado Dip

Chop mint leaves. Cut avocado in half, remove pit, and scoop into a bowl. Mash avocado with mint, lime juice, cumin, salt, and a pinch of paprika (optional). Serve with cucumber slices or other raw vegetables (cook slightly if Vata dosha).

2. Coconut Chia Pudding

Combine coconut milk, chia seeds, vanilla, and maple syrup in a jar or container. Stir well. Refrigerate for 5-10 minutes, then stir again to prevent settling. Refrigerate for at least an hour or overnight. Top with pomegranates, blueberries, and almond slices before serving.

3. Blueberry Mint Smoothie

Combine blueberries, banana, mint leaves, coconut milk, flax meal, and fennel seed in a blender. Blend until smooth. Use fresh, not frozen ingredients for better digestion.

Source: https://youtu.be/6A_L9Lxs5Jg?si=5mH1VeVZ99VO4fls