



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: Nil

Fridge time: Minimum 4 hours

Serves: 4

INGREDIENTS

- 2 cups unsweetened almond milk (or any milk)
- ½ cup chia seeds
- 2 tablespoons maple syrup or honey
- 1½ - 2 cups vanilla coconut yoghurt
- Frozen or fresh berries or diced fruit

METHOD

- In a medium bowl, combine milk, chia seeds and maple syrup (or honey) and stir well.
- Place bowl into the fridge for 10-15 minutes and then stir again.
- Pour into 4 serving dishes and refrigerate overnight.
- In the morning top with half a cup of the yoghurt on each one.
- Finish with berries or diced fruit on top and enjoy.

OVERNIGHT CHIA PUDDING

