

CHIA PUDDING

INGREDIENTS

- ¼ cup of chia seeds
- ¾ cup of unsweetened almond milk
- A pinch of ground cinnamon (optional)
- 1 piece of fresh seasonal fruit

METHOD

- Stir together ¼ cup chia seeds with ¾ cup almond milk and leave covered in the fridge overnight.
- Sprinkle over the cinnamon if using before serving.
- Add 1 piece of fresh seasonal fruit to serve.



DETOX