

Chia Porridge, Two Ways

Serves: 2

Prep time: 10 minutes + overnight

Cook time: 0 minutes



1 serve per portion

Ingredients

3 tablespoons chia seeds

½ cup warm water

¼ cup low fat milk

1 teaspoon cinnamon

Toppings:

½ apple, sliced

½ banana, sliced

1 tablespoon walnuts, roughly chopped

2 tablespoons natural yoghurt

Method

PLACE chia seeds in a bowl, add warm water and allow to stand for at least 30 minutes. Mix in milk and leave in refrigerator overnight. Chia seeds will swell.

SERVE cold with fresh fruit, a sprinkle of nuts and a dollop of yoghurt

OR

SERVE hot, cooking in a microwave for 1 minute. Top with fresh fruit, a sprinkle of nuts and a dollop of yoghurt.



Everyday Food

Recipe Courtesy of May Hampton, Palmwoods Branch