

Retreat Kitchen

Easy Breakfast Chia Pots

Ingredients for each layer

- 30g of Chia Seeds
- 150ml nut milk
- dash of vanilla extract
- Fruit addition for each layer;
- 2 small bananas OR
- 150g mango OR
- 150g mixed berries

1. Place your fruit and milk and vanilla in a blender
2. Do not blend your chia seeds
3. Once blended stir in chia seeds and pour into a small glass
4. Continue this for each layer and pour on top of each other
5. Place in fridge for 1-2 hours or over night to set.
6. Sprinkle with fresh fruit and granola.

(Will keep refrigerated for up to 3 days)