



## *Chia Pudding*

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1 can coconut milk  
1/4 cup chia seeds

1/2 cup berries, pomegranate, or any fruit of your choice

Optionally add other seeds: pumpkin seeds, sunflower seeds, sesame seeds

Pinch of cinnamon and cardamom

Stevia to taste/ dates/ raw honey/ maple syrup

Add other ingredients of your choice such as vanilla, cacao, maca, almond butter, etc.

Combine all ingredients (except fruit) in a 1 litre mason jar and shake/ stir well

Let it rest for a few hours or overnight in the fridge.

Serve chia pudding and top with berries.

Great for breakfast or as a snack.

## *Warm Faux-tmeal*

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2 Tbsp chia seeds

1 Tbsp hemp seeds

1/2 cup unsweetened almond milk or coconut milk

2 Tbsp raw nuts

1/2 Tbsp coconut oil

1/2 cup of berries

1/2 tsp cinnamon

1/2 tsp vanilla powder

pinch of sea salt

Optional: stevia/ raisins/ dates/ raw honey/ maple syrup

Heat up the 'milk' gently.

Mix all the ingredients in a bowl and pour the warm 'milk' over the mixture.

Let it sit for 5 – 10 min.

Stir and enjoy.