

CHIA PUDDING



Preparation : 5 min - **Resting :** 7 hr - **Cooking :** - - **Equipment :** -

Ingredients : 2

- 300 ml almond milk - 20 g chia seeds - 1 banana - 1/4 tsp cinnamon - Seasonal fruit for topping

1. The night before, put milk, chia seeds, banana and cinnamon in the jug. Blend using the SMOOTHIE setting for approx. 30 seconds.
2. Mix with the spatula for approx. 45 seconds
3. Pour the mixture into bowls and place in the fridge overnight (about 7 hours)
4. The next day, top with fresh fruit and enjoy.

Blender ■

POWER BLENDER ■