OVERNIGHT KIWI CHIA *porridge*

This is a wonderful breakfast to prepare ahead of time for those rushed early mornings. It can be stored in an airtight glass container in the fridge for up to 3 days.

Protein and saturated fat keep your brain focused, energy levels high, and blood sugar stable. No energy crashes after this breakfast of champions! Chia seeds are high in fiber and protein making them a food we can all do with more of.

Start your day off right with this delicious breakfast bowl.

INGREDIENTS

- 100ml almond milk
- 2 tablespoons chia seeds
- 1/4 teaspoon vanilla extract
- 1 ripe kiwi, peeled and chopped
- 1/2 tablespoon coconut flakes
- 1 tablespoon maple syrup

INSTRUCTIONS

1. Combine the almond milk, chia seeds, maple syrup, and vanilla extract in a mason jar. Close tightly and shake well.

2. Place the jar in the refrigerator overnight. The mixture will thicken as the chia seeds soak up the liquid.

3. When you ready to eat, simply dish into a bowl and top with kiwi and coconut flakes. Drizzle with additional almond milk as desired.

SERVES
1 PERSON

PREP TIME
3 MIN

COOK TIME
0 MIN

TOTAL TIME
3 MIN

NUTRITIONAL INFORMATION

222 KCAL
4.6G PROTEIN
8.4G FAT
25G CARBS
9.3G FIBRE

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WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE