

1 Day of Healthy Family Food

Chia Seed Pots - in many ways

INGREDIENTS for base recipe

1tbsp chia seeds (for 1 small pot)
80ml milk (dairy, oat, almond, coconut milk) - I love using oat milk
Cinnamon
Honey or Maple syrup to sweeten

INGREDIENTS for many variations

Yoghurt (full fat greek yoghurt, unsweetened coconut or soya yoghurt)
Berries (if frozen allow to thaw)
Chopped nuts
Coconut flakes
Seeds
Raisins
Peanut butter (unsweetened)
Sliced banana
Kiwi
Oats
Raw cacao powder
Pomegranates

INSTRUCTIONS for base recipe

Mix your milk with chia seeds. Allow to rest a little, give it another stir and add a sprinkle of cinnamon and a bit of honey or maple syrup to sweeten. Mix. Either leave in the fridge overnight or a minimum of half an hour.

Once the chia seeds swell up they have a gel-like consistency and they are ready to eat.

Version # 1:

1) Once your chia seeds have swelled up, spoon on top a layer of yoghurt, followed by thawed or fresh berries

Version # 2:

- 1) Mix chia seeds, milk, cinnamon and some grated apple. This will give your dish a natural sweet taste. Leave to rest and for the seeds to swell up. Once the seeds are soft, mix in yoghurt and berries, some seeds, chopped nuts, raisins and a dollop of peanut butter. Stir well.

Version # 3:

- 1) Layer oats and 1-2 tsp raw cacao powder on top of your swelled up chia seeds, then add yoghurt, chopped banana slices, a sprinkle of cinnamon and chopped nuts and give the whole mixture a stir.

Version # 4: - non- chia seed pot!

- 1) A layer of yoghurt, followed by berries, followed by oats, by nuts and seeds and a bit of honey. To top, add pomegranates and sliced kiwi fruit.

TOP TIP:

The plain chia seed pots will last in the fridge for up to 5 days. Top with fresh fruit as and when you are ready to eat them.

My kids love anything presented in recycled jam jars, try it too.

Play with all sorts of variations as there is no limit to your creativity here. From super simple to beautiful looking layered chia pots, I am sure you can make a version that is loved by each of your family members.