



CHIA SEED PUDDING

INGREDIENTS

- 2 tbsp. chia seeds
- 120 ml almond milk
- 1 tbsp. honey
- 2 strawberries, sliced
- ½ a banana, peeled and sliced
- 1 kiwi, sliced
- Optional: 1 tsp. NUTRILITE All Plant Protein
- Pinch of cinnamon

PREPARATION

1. Place the chia seeds, almond milk, honey and optional NUTRILITE All Plant Protein into the mixing bowl and stir well. Ensure there are no air bubbles.
2. Pour the mixture into a jar or glass, cover with a lid and allow it to set in the fridge overnight.
3. Place the strawberries, banana and kiwi on top of your pudding and dust the cinnamon on top. Enjoy!