

Coconut & Cinnamon Chia Porridge

Servings: 2

Prep Time: 5min – Standing time in fridge 6hrs

Cook Time: 0



Ingredients

- 400 g coconut milk
- ⅓ cup chia seeds
- 1 tsp. cinnamon
- Stevia or xylitol; to taste
- A handful of berries
- A few tbsp. of double thick Greek yoghurt
- 10 whole almonds; roughly chopped

Directions

1. In a bowl stir together the coconut milk, chia seeds, cinnamon and a little sweetener.
2. Add enough sweetener to suit your taste but try going without.
3. Leave it to stand in the fridge for at least 6 hours or overnight. The chia will absorb the liquid and plump up.
4. Serve with some halved berries or blueberry coulis, a few spoons of Greek yoghurt (if you're shedding pounds) and the almonds.

Tip:

You could also add some ground ginger into this one for a more aromatic twist. Orange zest and cinnamon as a combo is also a massive win.