

Recipes and Tips



Chia Breakfast Pudding

This simple pudding doubles as both breakfast and dessert and gets its silky texture from chia seeds.

4 servings

425 ml milk, dairy or plant

43 gr chia seeds

60 ml maple syrup or agave nectar

Pinch of salt

4 tablespoons mixed seeds

150 to 300 gr mixed berries, any combination

In a lidded litre container, vigorously whisk together the 425 milk, chia seeds, syrup and salt. (This ensures the chia seeds are evenly hydrated.) Let the mixture soak in the refrigerator at least 1 hour and up to overnight, so it develops a rich, creamy texture that is similar to that of rice pudding. If the mixture becomes too thick, whisk in more milk.

To serve, whisk the pudding to incorporate any liquid on top and break up the chia seeds, then spoon pudding into bowls. Top with the berries and seeds.