

BALANCE

CHIA SEEDS PUDDING WITH ALMONDS

Ingredients (For 4 people)

- 60 g chia seeds
- 8 dl almond milk
- 375 g slivered almonds
- Fresh seasonal fruit

Preparation:

In a bowl, combine the chia seeds and the almond milk.

Chop the almonds in slivers and add to the mixture.

Cover with plastic film and chill in the fridge overnight.

Garnish with chopped fresh seasonal fruit (red berries, mango, banana, pear, etc.) just before serving the pudding

