

BALANCE

# CHIA SEED FLAN

## Ingredients (For 4 people )

- 500 ml almond or dairy milk
- 2 bananas
- 1 tsp vanilla extract
- 80 g chia seeds
- Chopped seasonal fruits to garnish

## Preparation:

In a blender, blend the almond or dairy milk with the bananas and vanilla.

Add the chia seeds and ladle into 4 ramekins.

Chill in the refrigerator overnight.

Garnish with chopped seasonal fruits or red berries before serving.

