



## Emily's Kefir & chia seed pudding

## RECIPE

### INGREDIENTS

(Makes 2 puddings)

- 200ml milk kefir (or alternative milk of your choice)
- 2 tbsp chia seeds
- 2 tbsp oats (to make it complete)
- 1 tsp vanilla extract

### INSTRUCTIONS

1. Add ingredients to a big enough jar, stir to mix, close the lid and leave in the fridge overnight, that's it!
2. Next morning scoop out a few tablespoons into your bowl and add any berries and/or fruit you have lying around for a filling nutritious breakfast or snack

### SERVING/NOTES

- if the mixture is too thick in the morning add a little more kefir and stir, if it is too runny you could add a few more chia seeds and let sit for another 30mins before you eat it, but I've never found runniness to be an issue.
- Lasts for 2-3days in the fridge
- You can also follow this recipe replacing kefir milk with almond or coconut milk, but you may have to add a few more chia seeds to get it thicker

**Nicole note:** this is delicious! And I poured a portion of oatmeal made with pu'her tea, and added ground almonds, and blueberries to make this a complete breakfast portion to take me through the first half of my day

### Nutrition tip

This is a great probiotic boost for the day, adding oats makes it more filling and a great nutritious breakfast