

Chia & Raspberry Breakfast

By Green Kitchen Stories

Yield 1 serving



Ingredients:

- 1 cup fresh or thawed frozen raspberries
- 1 pinch ground vanilla
- 3 tablespoons desiccated coconut, unsweetened
- 3 tablespoons chia seeds
- 1 cup plant-based milk
- Toppings: nut butter, hemp seeds, kiwi and fresh mint

Method:

1. Mash the berries in a bowl using a fork. Add vanilla, coconut and chia seeds and combine.
2. Pour over the milk and mix. Set aside to soak for minimum 30 minutes or overnight in the fridge.
3. Serve in a bowl or jar topped with nut butter, hemp seeds, fruit and mint.