

CHIA BREAKFAST

INGREDIENTS

400ml Coconut Milk

250ml Water

1/2 cup Chia Seeds

1 tsp Vanilla Essence

1 tsp Cinnamon

2 Tbsp Xylitol

1/4 tsp Salt

METHOD

Mix the coconut milk and water together (I whisked it).

Warm up.

Add the rest the ingredients and mix well.

Allow to stand for at least 4 hours or overnight.

Warm up for a few seconds in the microwave and serve.

Add a few cut up strawberries to decorate.

