

Chia pudding



Ingredients

- 4 tbsp of chia seeds
- 1 cup of rice-chocolate milk or almond milk
- 2 tbsp of agave syrup
- 1 pinch of ground cardamom
- In deco: red fruits, coconut flakes, chocolate

Preparation

- Preparation time : 5 min
- 1 person

Recipe

1. In a bowl, combine chia seeds with rice-choco milk, agave syrup and ground cardamom.
2. Leave to rest in the fridge for 30 minutes minimum and adjust the texture with the milk if necessary.
3. Serve topped with flakes of coconut and red berries and any other superfoods you like.