 **Chia Seed Porridge**

*Serves 2*

**Ingredients**

3 tbsp chia seeds

2 tbsp ground flaxseed

2 cups unsweetened vanilla almond milk

1 tsp vanilla bean paste or extract

**Directions**

1. Mix all ingredients together in a container. Cover and chill for several hours or overnight.
2. When ready to serve, scoop half the mixture into a bowl and top with 1 fruit serving, 2 tbsp nuts or 1 tbsp nut butter.

**Nutrition**

*160 cals, 5g carb, 5g pro, 11g fat*

**Chia Seed Porridge with yogurt**

Serves 2

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**Ingredients**

1/4 cup chia seeds

1 cup unsweetened vanilla Almond milk

1 cup plain greek yogurt

1 tsp vanilla extract

2 tsp cinnamon

Toppings: berries, nuts, nut butter

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**Directions**

1. Mix the yogurt and almond milk together in a container. Add chia seeds and mix again. Cover and chill for several hours or overnight.
2. When ready to serve, scoop half the mixture into a bowl and top with 1 fruit serving, 2 tbsp nuts or 1 tbsp nut butter.

**Nutrition**

*200 cals, 3g carb, 18g pro, 7g fat*