

Chia Pudding with Mixed Berry Compote and Almond Pulp Crumble topping

1. Almond Milk

1 cup almonds (soaked overnight)
750 ML filtered water
1 medjool date (remove seed)

Make almond milk in Chufamix - takes 3 mins to produce a beautiful creamy consistency

2. Chia Seed Pudding

¼ cup chia seeds
1 cup almond milk (above)

Put chia seeds into glass container

Pour the almond milk onto chia seeds and keep stirring till all chia seeds are mixed well - ensuring you do not get clumps of chia seeds.
Leave for at least 30 min - this will give you a gel like mixture with chia seeds still a little grainy.

Add more almond milk if you like a runnier mixture. Or you can add more almond milk just before you assemble the pudding to get the right consistency

You can consume immediately or keep in fridge for about 3 days

3. Mixed Berry Compote

4 cups of frozen berries of your choice
3 tbsp maple syrup/honey/agave nectar
A little lemon juice (optional)

Place frozen berries into a pan and simmer slowly till warmed - about 30 mins

Leave to cool

Add 3 Tbsp sweetener of choice or more if kids prefer a little sweeter

Add 1-2 Tbsp lemon juice if needed (this helps keep it longer in fridge)

Its ready for use either straight away or lasts up to a week in glass jar in the fridge.

4. Almond Pulp Crumble Topping

1 cup almond pulp (dried in oven at 150C for about 20 min)- if you do not carry out this step the crumble topping will be too wet!

½ cup quinoa flakes

2 Tbsp Maple syrup or raw coconut sugar

2 Tbsp virgin coconut oil (or butter if you are not vegan)

Mix all above till it forms a nice mixture - taste to your liking then place on a baking tray to bake slowly at 150C for about 15 - 20 min or brown and crispy.

This keeps well in a glass jar in the fridge for up to a week.

To Assemble Chia Pudding:

Put 2-3 Tabsp into a glass , bowl, or recycled jam jars (they look cool in these jam jars).

Put 1-2 Tabsp of fruit compote on top and let juices run for color

Top with gluten free almond crumble topping.

Serves 4-6 depending on size of portions served