

DELICIOUS RECIPES TO AID BEAUTY, HEALTH & BALANCE

SERVES  
ONE

# CoCo-Berry Chia Pot

- ❖ ½ cup frozen (defrosted - or preferably fresh for this recipe)
- ❖ raspberries
- ❖ ¼ cup almond milk
- ❖ 1 tsp cocoa powder
- ❖ 1 tsp coconut oil
- ❖ 1 tsp agave
- ❖ 2 Tbs chia

1. In a blender combine above ingredients
2. Scoop the mix into a bowl, top with fresh berries and raw cocoa nibs (optional) and set in the fridge for 10mins. Serve with a side of fruit or following 2 hard-boiled eggs for extra protein.
3. Serve with a side of fruit

**PREP TIME:** 5 MINS      **COOK TIME:** 10 MINS

