

Recipe: Philosophie Berry Bliss Chia Pudding

It's grain free, gluten free, no sugar, paleo friendly, keto friendly and you can make it your own! Have it as breakfast, dinner, a snack, on the go and make batches in advance if you like! This recipe is a batch recipe for the week.

INGREDIENTS

- 1/2 can of coconut cream or 200 g
- 1 cup of Nuez Pure Almond nutmilk or 250 g
 - The mix of coconut cream and nutmilk give it a nice consistency
- 2 tablespoons of Philosophie Berry Bliss protein
- 3 tablespoons of your favourite nut butter
- 2 cups of mixed berries
- 1 tablespoon MCT oil
- 1 teaspoon vanilla extract
- 1/3 cup of chia seeds
 - Vary depending on how much liquid you end up with, more liquid = more chia seeds. If you want thicker pudding, add more chia and/or flax. For more liquid consistency, add less

INSTRUCTIONS

1. Blend all ingredients in a high speed blender EXCEPT chia seeds. We use a vitamix.
2. Pour mixture over chia seeds. Mix with a spoon so all the chia seeds are coated properly.
3. Leave in the fridge overnight (atleast a few hours)
4. Top with cinnamon!

Makes a batch for the week! Lasts in the fridge up to 5 days!

If you make it, please use any of our hashtags:

#switchgrocery

#switchthewayyoueat

#switchthewayyoushop

#philosophielove

