

Hemp & Chia Porridge

1 serving

2 Tb Chia seeds

1 cup hemp or almond milk

¼ tsp vanilla extract

Stevia or raw honey to taste

Optional Ingredients

2 Fresh strawberries or blueberries

organic apple diced

1 Tb goji berries

1 Tb raw cacao powder

- Soak chia seeds in the hemp or almond milk for 30 minutes or overnight in the refrigerator.
- Stir every 5 minutes so it doesn't get clumpy.
- It will be very thin at the beginning but don't worry it will come together. Shortly the chia will thicken the milk to porridge like consistency.
- Add any of the optional ingredients. Enjoy!

Note: For some people chia porridge is an acquired taste. The benefits of chia are worth trying it a few times. It is more about the consistency than the taste.