

Tropical chia breakfast

50ml unsweetened coconut milk
120g Greek yoghurt (use dairy free if preferred)

20g chia seeds

1-2 tps fresh lime juice (optional)

15g vanilla flavour whey or rice protein powder (or substitute with 1 tsp maple syrup)

for the toppings:

20g blueberries

20g kiwi, chopped

a sprig of fresh mint (optional)

Place the ingredients into a sealable container. Stir well until smooth.

Cover and refrigerate for 1 hour.

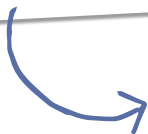
Stir well. If the mixture is too thick, add a splash of long life coconut milk or almond milk.

Transfer to a serving bowl or dessert glass.

Add the toppings and serve.

Cover any leftovers and refrigerate for up to 24 hours.

SERVES 1



PER SERVING:

310 Calories

20g Carbs

26g Protein

14g Fat



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