



Protein packed chia pudding snack!

It is often hard to think of nutritious and filling snacks. Chia seeds are rich in protein, fibre and omega 3 fatty acids. Nuts are high in minerals such as zinc and magnesium and fruits are full of antioxidants. So why not put all of these good things together and whip up some chia puddings for a quick snack or breakfast.

Ingredients

- 1 small handful of nuts, (almonds and cashews work well)
- 1 cup of water
- 2 tablespoons of chia seeds
- ¼ teaspoon of cinnamon
- Chopped fruit of your choice



Method

To make the liquid for your chia pudding, blend the nuts and water in a blender until smooth. The liquid won't have the texture of milk; however, you should be able to pour it so add more water or nuts if you need to make it more or less liquid.

Pour into a bowl. Stir in the chia seeds and cinnamon, cover and refrigerate for about 6 hours. This gives the chia seeds time to expand and soak up the liquid.

This recipe serves one so just double or quadruple to make more.

To serve, top with your chopped fruit for some sweetness. Enjoy!