

# Recipe for

## Chunky Chia Berry Bowl



SERVES 1

PREP TIME/TOTAL

TIME Approx 20 min / 20 min

### NUTRITION INFORMATION

Total Calories 299

Fat 18.3

Protein 11.6

Carbohydrates 37.4

Fiber 13.6

### INGREDIENTS

1 cup of blueberries (or mixed berries)

2 tbsp of chia seed

2 tbsp of ground flax meal

2 tbsp rolled oats

1/4 cup on nut milk

Pinch of cinnamon

### DIRECTIONS

Add nut milk to a jar or bowl. Add chia seeds, ground flax meal (ground flax seeds) and oats to nut milk and allow to sit for 10 - 15 minutes.

If using frozen berries, add berries after seeds and allow to sit at well to thaw.

Once chia seeds have expanded to soak up liquid, mix, sprinkle with cinnamon and enjoy



GF

WFPB