

Cherry Chia Bowl

2 portions - 5 min + 5 min preparation time

200g frozen sour
cherries

30g chia seeds

125ml almond milk

1 tsp vanilla extract

150g vanilla yoghurt

granola and frozen

blueberries (toppings)

METHOD. Add the chia seeds, almond milk and vanilla extract to a bowl and stir. Let sit overnight. Add the defrosted sour cherries to the chia pudding and mix carefully. Scoop the chia pudding into a bowl. Add vanilla yoghurt on top and decorate with granola and frozen blueberries.

