

Sunshine Chia Bowl

100g papaya

30g chia seeds

100g mango

125ml coconut milk

exotic fruit topping

3 tbsp coconut yoghurt

METHOD. Combine the chia seeds and coconut milk and refrigerate for 20min. In a serving bowl, add the papaya and mango chunks. Add a generous layer of the chia mixture. Add 3 tbsp of coconut yoghurt. Top with exotic fruit topping. For extra sweetness, drizzle some honey on top.

