



Well Within Recipes

CHIA PUDDING

SERVES 4-6 DEPENDING ON SIZE

INGREDIENTS

- 2 cups of your choice of liquid - nut milk like almond or coconut or water depending on your tolerances
- 1 cup chia seeds
- 1/2 tablespoon raw honey (raw honey is lower histamine than processed honey)
- Flavour options:
 - 1 table spoon raw cacao powder
 - 2 teaspoons vanilla essence
 - Fruits like blueberries, apples etc.



METHOD

1. Place all ingredients including your flavour options into a bowl and mix well
2. Leave for 5 minutes to settle, then mix again to ensure chia seeds don't settle on the bottom.
3. Pour into cups or containers for individual serves.
4. Cover and leave in refrigerator for at least an hour before serving
5. Consume within 4 days. However, the longer you leave the higher in histamines