

CHIA-YOGURT BOWL

Basic mixture:

1/2 cup yogurt (full-fat)

1 heaping tablespoon chia seeds

1/8 cup of coconut milk, almond milk, or cashew milk

Optional additions:

Sweetener (agave, honey, brown sugar, date syrup)

Matcha powder

Mix it all together and leave in the fridge at least one hour, but overnight is best.

When ready to enjoy it, add the toppings of your choice. My favorites are toasted shredded coconut, toasted slivered almonds with a bit of cinnamon, blueberries, raspberries, diced dried apricots. I also love a little sprinkle of cocoa nibs.