

CHIA SEED YOGHURT



INGREDIENTS

700g yoghurt
4-5 tbs chia seeds

PREPARATION TIME: 12-24 HRS

COOKING TIME: NONE

SERVES: PLENTY!

METHOD

- * Mix the chia seeds into the yoghurt and leave to soak overnight or at least for 12 hours. The seeds will expand to become little goeey balls of goodness. It's that easy!

STORAGE & LEFTOVERS

- * This mix will last in the fridge for over a week or you can freeze in portions for yummy frozen yoghurt snacks.

VARIATIONS & TIPS

- * It's best to prepare this recipe the night before so it's ready for breakfast the next morning.
- * You can easily adjust the quantities to suit your desired texture.
- * Can be made with natural yoghurt or your favourite flavour (mine is with vanilla seed yoghurt), just be sure it's organic or additive free yoghurt to avoid nasties such as flavouring, colouring and preservatives.
- * If using natural yoghurt, add a little honey, maple or rice syrup for a touch of sweetness if desired.
- * For a dairy free option, try almond or coconut milk.
- * Can be served with fruit, LSA, muesli slice, or for a quick healthy nutritious snack with a variety of textures and tastes, add crunchy pepitas, sunflower seeds, sultanas and almonds.
- * LSA stands for linseeds (flaxseeds), sunflower seeds and almonds and is usually a fine or coarsely ground mix of these three highly nutritious ingredients. You can buy it ready made, or make your own easily with a good processor. It adds a yummy nutty flavour and is delicious with just about anything! For example, try adding it to your baking in place of almond meal.

NOTE

Always look for organic ingredients to be sure you are avoiding additives and pesticides or check the label carefully for nasties in the ingredients.