

# Chocolate Chia Breakfast Bowl

Recipe by Claire Sambolino  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g |          |     |
|-----------------------------|----------|-----|
|                             | PER 100G | %RI |
| Energy (kj)                 | 574 kj   | 7%  |
| Energy (kcal)               | 139 kcal | 7%  |
| Fat                         | 9.3 g    | 13% |
| of which saturates          | 4.3 g    | 22% |
| Carbohydrate                | 5 g      | 2%  |
| of which sugars             | 3.9 g    | 4%  |
| Fibre                       | 6.2 g    | 25% |
| Protein                     | 5.6 g    | 11% |
| Salt                        | 0.09g    | 2%  |

Generated by Nutritics v5.61 on 16<sup>th</sup> Aug 2021

### INGREDIENTS (serve 1-2):

- 30g Chia Seeds
- 200ml **MILK** or plant based alternative
- 1 tsp dark cacao powder
- 1 tbsp desiccated coconut
- 1 large jam jar and lid to prepare mixture
- 1 tsp maple syrup (optional)

**OPTIONAL TOPPINGS:** Berries, Kiwi, Banana, Coconut flakes, Flaked almonds (**NUTS**), mixed seeds,

### METHOD & COOKING TIME: 5 mins to mix and min 2 hours to set

1. Combine the ingredients inside the jam jar and place the lid on.
2. Shake rigorously for 2-3 minutes to ensure the chia seeds mix well within the milk and do not clump together.
3. Leave to set in the fridge for a minimum of 2 hours (best prepared the night before if using for breakfast).
4. Serve with your choice of toppings: fruit, nuts and seeds as a breakfast bowl.

#### ALLERGENS



**MILK**

#### MODIFY

Switch milk for plant based alternatives for a dairy free option

#### CREDIT

Recipe by: Claire Sambolino  
Photo by: Claire Sambolino