



Tiramisu Chia Breakie Pudding

Serves 4

Ingredients

- ½ cup chia seeds
- 1 can coconut milk
- 4 tbsp coconut sugar
- 1 sachet super food protein blend, chocolate
- 2 cups oaties
- ½ cup strong espresso
- ¼ cup cocoa powder
- ½ cup coconut cream, whipped
- 4 tbsp (roughly 50g) dark choc, melted

Method

Combine the chia seeds, coconut milk, coconut sugar and protein blend and mix well. Set aside for 1hr.

Spoon some of the chia pudding into a bowl. Then pour the espresso in a separate bowl and quickly sprinkle in the oaties to lightly soak and then remove and add to the bowls. Sieve some cocoa powder over the oaties, top with more chia pudding, cocoa powder and lastly a few dollops of coconut cream and a drizzle of melted chocolate.