

Overnight Chia Cacao Berry Bowl



Give your digestion a boost with this fibre-rich breakfast bowl! Great for busy work or school mornings, this chocolaty treat is easy to throw together the night before, or make several servings to enjoy through the week. Also perfect for a hearty post-workout snack, it boasts loads of inflammation-busting omega-3 and -6 fatty acids, antioxidants galore, and protein to help rebuild muscles and keep you satiated. Using sprouted chia seeds boosts the nutrient content of these already nutrient-packed powerhouses, activates enzymes that aid digestion and assimilation of those nutrients, and help feed the beneficial bacteria in the yogourt as well as your own gut! That's a good start to the day in my book.

Ingredients:

- 2 Tbsp. organic sprouted whole chia seeds (if you can't find sprouted, regular whole chia seeds are fine)
- ½ cup unsweetened almond or coconut milk
- 1 to 2 tsp. pure maple syrup, optional
- ½ cup fresh or frozen raspberries or blackberries
- ½ cup plant-based yogourt, plain or flavoured (I used chocolate coconut-based yogourt)
- 1 Tbsp. raw cacao nibs
- 1 oz. raw pecans

Directions:

In a small Pyrex container, combine chia, milk, and maple syrup if using, and stir well. If using frozen berries, place in a separate container and thaw in the fridge while the pudding sets. Let pudding set in the fridge overnight or 4-6 hours, until most of the liquid is absorbed.

When pudding has set and berries have thawed, spoon each into a bowl. Top with yogourt, cacao nibs, and pecans as desired. Serve and enjoy! Makes 1 serving.

Variations: use chocolate almond/coconut milk instead of plain or add 1 tsp. raw cacao powder to the pudding before setting; add 1 Tbsp. goji berries to the pudding mixture before setting; mix a spoonful or scoop of plant-based protein powder into the pudding after setting.