



The Health & Wellbeing Studio

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Chia Puds

A perfect breakfast to pre-prepare for the week ahead, these chia puds are a lovely blend of plant protein, fruity sweetness, fibre and have an abundance of omega-3 fatty acids to keep you going until lunch. Grab a few leftover jars and mix up different flavours for each day to keep life interesting. Chia seeds are available in the health food section of most supermarkets or from health food stores. They are available in black and white – either (or both) work for these puds. These sweet treats are also great for desserts, picnics or snacks throughout the day.

- FODMAP (variation)
- GAPS diet friendly
- Vegan
- Breakfast
- Snack
- Gluten Free
- Oxalates (variations)
- Vegetarian
- Dessert
- Lactose Free

Preparations time: 20mins

Setting time: at least 30mins

Basic Ingredients (for each chia pud)

3 tbsp chia seeds

1 cup plant milk (almond, oat, rice, coconut)

To serve (all optional)

1-2 tbsp yoghurt (Greek, coconut, goat's milk, etc)

1 tbsp nut butter (almond, brazil, cashew, etc)

¼-1/2 cup chopped fresh fruit (additional berries, kiwi, grapes, etc)

1-2 tbsp chopped nuts or seeds (walnuts, pecans, hazelnuts, flaxseeds, pepitas, sunflower seeds, etc)

Instructions:

1. To each jar, add your selected fruit and other ingredients to the base (see the variations below).
2. Add the rest of the Basic Ingredients and shake or stir to combine.
3. Add the lid and put in the fridge for at least half an hour to allow the chia to soak up the liquid.
4. To serve, select from the options provided. Sprinkle over the top, or stir through.

NOTE: The puds will still be great from the fridge for up to 5 days.

Variations:

Berry & Coconut

1 cup fresh or frozen berries (raspberries, blueberries, strawberries, blackberries), roughly chopped or smashed
3 tbsp desiccated coconut (unsweetened and preservative free)
½ tsp cinnamon
½ tsp vanilla

Chocolate Mint

½ ripe banana, roughly chopped or smashed
3 tbsp desiccated coconut (unsweetened and preservative free)
3 fresh mint leaves, bruised or finely chopped
2 tbsp cacao powder (*contains caffeine)
½ tsp vanilla
1 pinch sea salt
1 tsp sweetener (brown rice syrup/ maple syrup/ honey/ stevia)

Chai Spice

½ ripe banana, roughly chopped or smashed
3 tbsp desiccated coconut (unsweetened and preservative free)
1 tsp cinnamon
¼ tsp vanilla
¼ tsp ground ginger
1 tsp sweetener (brown rice syrup/ maple syrup/ honey/ stevia)

Toffee Apple

1 golden delicious apple, grated
2 medjool dates, finely chopped
3 tbsp desiccated coconut (unsweetened and preservative free)
1 tsp cinnamon
¼ tsp vanilla
1 tsp sweetener (brown rice syrup/ maple syrup/ honey/ stevia)

Alternatives:

These pods can also be made using cooked quinoa or quinoa flakes, oats, For vegan options, use nut or seed milks, coconut yoghurt to serve, maple or brown rice syrup to sweeten.

All these variations are FODMAP friendly apart from the Toffee Apple. Sweeten with maple syrup.

Care should be taken with the chia puds if following a GAPS friendly diet. Seeds are ok to be included - it may be beneficial for constipation, although some might find it too aggravating for the gut. Omit the desiccated coconut from the recipes.

For low oxalate, use the toffee apple variation, using dairy, coconut or spelt milk or water, omit cinnamon and dates.

Chia seeds are high in salicylates, so this recipe should be avoided.