

Blueberry chia pods

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Preparation 10 mins + chilling time | Makes 4

This creamy blueberry pods are great for breakfast, dessert or an afterschool snack.

250g blueberries
400ml original (sweetened) almond milk
1 tbs honey
½ cup white chia seed

STEP 1 Combine 125g blueberries, almond milk and honey in a blender. Blend until smooth. Stir through chia.

STEP 2 Pour mixture into 4 small glasses, jars or plastic cups.

STEP 3 Top each with remaining berries. Chill for 4 hours or until firm (leave overnight if time allows) and serve.



Good for you... **BLUEBERRIES**

A good source of vitamin C which is important for healthy gums. Provide vitamin E, one of the antioxidant vitamins that helps prevent damage to body tissues. A good source of dietary fibre, which is important for a healthy intestine.

