



Raspberry Chia Breakfast Bowl

Prep time: 5 mins

Cooking time: 30 mins (or overnight)

Serves: 1

Ingredients

- 1 cup/125g fresh or thawed frozen raspberries
- 1 pinch ground vanilla
- 3 tbsp desiccated coconut (unsweetened)
- 3 tbsp chia seeds
- 1 cup/ 240ml unsweetened almond milk

Method

- Mash berries in a bowl using a fork
- Add vanilla, coconut and chia seeds and combine
- Pour the almond milk and mix
- Place mixture in desired serving jar and leave overnight or at least 30 minutes



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