

HAPPY BREAKFAST

• *breakfast recipes you need to know* •

CHIA SEED BOWL

1 1/2 tablespoon of Chia Seeds.

1/2 cup Almond Milk.

4 to 5 almonds.

Berries (I have used cranberries).

- Add the milk to a bowl and add the chia seeds to it and let it soak in the milk for 15-30 minutes. (until it looks like a jelly consistency)
- After that add the berries on the top and add the almonds.
- Voilla your breakfast is ready.

