

Chi'a Seed Porridge

The night before

1/2 cup sunflower seeds

1/4 cup pepitas

1/2 cup raw whole oats

1/4 cup raisins

4 dates

Soak all ingredients in water in one bowl overnight.



Soak in a different bowl – 1 cup almonds (for the almond milk)

In yet another bowl, soak ½ cup chi'a seeds in ½ cup water

In the morning you'll need

1 tablespoon lemon juice

¼ teaspoon cinnamon

To Serve you'll need

1 banana

½ apple

½ cup blueberries

Almond Milk

3 cups water and the cup of soaked almonds

Drain and rinse almonds and make almond milk (1 cup soaked almonds, 3 cups water – blend in a high speed blender and strain through a nut milk bag).

Drain and rinse the sunflower seeds, pepitas, oats, raisins and dates then place them in a clean jug of a high speed blender. Add the chi'a seed and water mix (which will now be a gel) to the blender. Add 1 ½ cups of almond milk to the blender along with 1 tablespoon lemon juice and ½ teaspoon cinnamon.

Blend for just a few seconds until the oats and seeds have broken down and you have a porridge like mixture. Transfer to serving bowls. Top with sliced banana, diced apple and a handful of blueberries. Add extra almond milk.

Chi'a Seeds

Known as the running seed, its use as an energy rich endurance food was well known amongst the Indians of South America and Mexico. Chi'a seeds are high in easily digestible protein, essential fatty acids (particularly Omega 3), soluble fibre and antioxidants.

Chi'a seeds contain 5 times more calcium than milk by weight (600mg in 100g of chi'a and 120mg in 100g milk). It is also an excellent source of minerals, notably phosphorus, magnesium, potassium, iron, zinc and copper. Chi'a has three times more iron than spinach and 15 times more magnesium than broccoli.