



OVERNIGHT FLAXSEED & CHIA CINNAMON BREAKFAST POTS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

2 cups (300g) Greek yoghurt
1 cup unsweetened almond milk (or
milk of choice)
1/4 cup chia seeds
1/4 cup flaxseed, ground
1 teaspoon cinnamon
1 teaspoon maple syrup (optional)
1/2 cup raspberries (fresh or frozen)
A few seeds or chopped nuts for
topping

METHOD

- In a bowl, whisk together the ground flaxseed, chia seeds, cinnamon, unsweetened almond milk and maple syrup.
- Let sit so the seeds soak up the milk for at least an hour, stirring occasionally.
- To make the pots, layer in the Greek yogurt and flaxseed mix in separate layers.
- Top with raspberries and chopped nuts or seeds.
- Secure the lid on.
- Store in the fridge overnight.

PREP TIME

Prep time: 5mins
Setting ime:overnight