



OVERNIGHT SEEDY BREAKFAST POTS

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Makes 2 pots

1 apple

200g unsweetened almond
milk

25g chia seeds

25g sunflower seeds

25g pumpkin seeds

20g ground

flaxseed/linseed

1 tsp vanilla extract

Optional to serve: yoghurt
and berries

METHOD

1. Grate the apple (with the skin) coarsely using the large side of a box grater.
2. In a medium bowl add all the ingredients and mix well.
3. Leave for 5-10 minutes for the chia seeds to start to swell.
4. Add to 2 jars, secure the lid and store in the fridge overnight.
5. To serve add a dollop of yoghurt and some berries.