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Winter Chia Porridge with cinnamon and vanilla

This gluten free recipe is delicious and satisfying. Packed with protein, nutrients and antioxidants, this porridge will help keep your blood sugar levels stable and your energy levels high. Serves 1.

Ingredients:

1 small apple, grated
1/4 teaspoon ground cinnamon
1/4 teaspoon vanilla bean paste
1/4 cup water
1/2 cup any milk (coconut is yummy!)
2 tablespoons chia seed
1 tablespoon LSA

Method:

Add all ingredients to a small saucepan and heat for 3-5 minutes or until apple is soft and the seeds have swollen. Allow to sit for an extra minute before serving. I like to add a few slices of banana and a few walnuts on top but feel free to add any additional fruit or nuts.