

* CHIA POTS *

WITH HOMEMADE COCONUT YOGHURT



* INGREDIENTS

270ml can coconut milk ½ - 1 probiotic capsule
6 Tabs Chia Seeds

Toppings of choice - fruit, honey, cocoa nibs, muesli

* METHOD

Day 1

Put coconut milk and probiotic capsule in a glass jar with a lid – mix together. Leave on a bench for 24 hours.

Day 2

Divide into 2 jars. Mix in chia seeds – 3 tabs in each. Leave in the fridge overnight

Day 3

Add toppings & enjoy!
