



SUMMER CHIA & BUCKWHEAT PUDDING

This weeks Recipe of the Week is a healthy summer pudding made with a blend of chia seeds and buckwheat kernels. The combination of banana, kiwi, blueberries and mango is divine and topped with coconut yoghurt...perfect. This is the type of recipe you can serve up for breakfast or brunch with friends or family. Recipe made and shared by **Meg Phillips**.

Ingredients:

1/4 cup *chia seeds*

3 tablespoons *raw buckwheat kernels*

pinch of *vanilla powder*

1 tablespoon of *rice malt syrup*

1 cup of *almond milk*

To serve: *fresh banana, kiwifruit, mango and blueberries*

Method:

In a bowl mix the chia, buckwheat, vanilla and almond milk with a fork until well combined. Let it set for around 30 minutes or until thick.

Add the rice malt syrup and mix well to combine.

In a bowl or serving jar, layer the chia mixture with coconut yoghurt and the fresh fruit. Optionally drizzle with honey. Enjoy!

Gluten Free | Dairy Free | Refined Sugar Free