

Breakfast Chia Seed Porridge

(Recipe By Anju Kapadia)

Ingredients: Serving 4

- Fifteen to 20 almonds (soak in hot water and remove the skin or soak overnight and remove the skins)
- Ten to 12 cashews soaked for 30 mins
- One tablespoon of Chia seeds
- Two cups water
- Four to 5 dates pits removed
(If no dates than add one tablespoon of jaggery)
- One quarter teaspoon vanilla or rose essence.
- Berries of your choice
- Bananas sliced or Mango or fruit of choice chopped in small cubes.

Preparation

- In a high-speed blender add blanched almonds, cashews, two cups water, and vanilla extract.
- Blend at high speed until creamy.
- Transfer into a flat serving bowl
- Add Chia seeds, mix well and let it sit for 10-15 minutes for the chia seeds to gel.
- Let it sit for 10 minutes while stirring the mixture 2-3 times, so the chia seeds do not stick.
- Store the mixture in the refrigerator until ready to serve.
- Scoop out the mixture in 3-4 small serving bowls.
- Top with berries and banana/mango/ fruit cubes, and serve