

# Sabrena's Chia Breakfast Bowl

## Ingredients

**2 tbsp chia seeds**

**1/3 cup coconut milk**

**1/3 cup almond-coconut milk (or preferred milk)**

**1 tbsp maple syrup (sweeten to taste)**

Combine the chia seeds with the almond milk and stir well. Allow to sit at least 15 minutes, stirring occasionally, or until the chia seeds completely bloom and soften. You can also do this step a night ahead for better absorption.

Toppings: toasted coconut flakes, seasonal fruit (blueberries, kiwis, raspberries, strawberries, bananas), slivered almonds, sunflower seeds, granola, almond butter, yogurt.

Prep time: 15 min | Servings: 1

## Enjoy!