

Chai Breakfast

INGREDIENTS

400ml Coconut milk

250 ml water

$\frac{1}{2}$ Cup Chai seeds

1 Tsp Vanilla

1 Tsp cinnamon

2 Tbsp Xylitol

$\frac{1}{4}$ Tsp Salt

Additional

Mixed berries

Cacao

Note: Can be served as a breakfast or pudding.

METHOD

Mix coconut milk and water together. Warm up slightly. Add the rest of the ingredients and mix well. For best results, let it stand overnight. You can serve it as a cold pudding with added berries, or slightly heat it up for a warm breakfast



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4

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