

## CHIA BANANA PORRIDGE

*A delish breakfast or snack filled with healthy fats, nutrients and fibre*

Serves 2 | Gluten + Dairy + Nut Free

### Ingredients

1/3 cup quinoa flakes for GF option (or oats)

1/8 cup chia seeds

½ cup water

½ cup milk of choice, coconut milk for dairy free option

1 mashed banana

Pinch sea salt

### To serve (optional)

Berries, pumpkin seeds and hemp seeds, warmed milk

### Method

In a medium saucepan combine quinoa flakes or oats, chia seeds, sea salt, mashed banana, water and milk. Place on stove top on a medium heat and warm until it begins to bubble. Turn down to low and stir every minute to stop the porridge from sticking. Add more milk if needed.

Once the liquid is taken up, pour the porridge into two bowls. Top with blueberries, pumpkin seeds or hemp seeds. Finish with a splash of warm milk if desired. Enjoy!