

# Warm Banana Chia breakfast Pudding



## Ingredients

serves 3 - 4

2 small bananas 220g  
3 medjool dates pitted  
625ml full cream milk\*<sup>1</sup>  
½ cup (80g) chia seeds  
1 teaspoon mixed spice

## To serve

½ cup plain yoghurt  
3 tablespoons Blueberries  
3 tablespoons raspberries  
3 tablespoons (30g) chopped walnuts  
3 teaspoons (12g) toasted sesame seeds

## Method

1. Place bananas, dates and 125ml milk into the thermomix\*<sup>2</sup> and process 5 seconds speed 10 or until smooth.
2. Add the remaining milk, chia seeds and mixed spice. Cook 8 - 10 minutes, 100C reverse speed 2.
3. Scoop into bowls, top with a dollop of yoghurt, berries, nuts and seeds.

\*<sup>1</sup> - you can replace the milk with 400g coconut cream and 200g water and omit the dates as the coconut milk is quite sweet enough. I also leave off the yoghurt and walnuts when making with coconut milk.

\*<sup>2</sup> - Use a food processor or blender instead of a Thermomix and cook over a medium heat, whisking until it starts to thicken, then reduce to a gentle heat and stir often to make sure the chia does not clump together or stick to the bottom of the pan.

# Cold banana, berrie & yoghurt chia pudding

## Ingredients

serves 3 - 4

1 medium banana 160g  
160g berries eg blueberries & strawberries  
300g plain full cream yoghurt  
½ cup (80g) chia seeds

## To serve

3 tablespoons Blueberries  
3 tablespoons raspberries  
3 teaspoons (12g) toasted sesame seeds

## Method

1. Place bananas & berries in the thermomix\*<sup>2</sup> and process 5 seconds speed 10 or until smooth.
2. Add yoghurt and chia seeds and mix 5 seconds, reverse speed 4.
3. Pour into large glasses or jars & stir vigorously. Refrigerate & stir every 10 minutes for the first hour to prevent clumping.
4. To serve top with berries and seeds.

These recipes are high in omega 3 fatty acids, phenolic anti-oxidants, calcium, magnesium, Zinc and tryptophan.