



Lewis' chia porridge

Warming, filling. Serves 1. Per Serve: Cal: 338; Fat: 29.1g; Pro: 12.9g; CHO: 2.8g

Serves: 1, Prep time: -, Cook time: -

Instructions

Mix all ingredients (except sesame seeds) together in a pot over medium heat, bringing to just about boiling. Remove from heat and stir through sesame seeds. Serve.

Ingredients

- 1.5 tablespoon Chia seeds
- 2 tablespoon Almond meal (or ground flaxmeal)
- 1 tablespoon Nut butter (I used peanut butter)
- 1 cups Boiling water
- 3 Drops / 1/2 tsp stevia-based sweetener (optional)
- 1 tablespoon Toasted sesame seeds