

Jasmine Chia Breakfast Pudding (Copy)

With the use of a fragrant jasmine green tea as a portion of the liquid in this breakfast pudding. Its floral flavour is pretty to your taste buds and unexpected. You can, of course, experiment with different teas here; each one brings its own personality. Basically, if you have a favourite, try it here! The toppings make or break this dish, so don't skimp.

🕒 Preparation 10 minutes ⌚ Total 30 minutes 1 portion

Ingredients

or	or
1½ cups cold jasmine green tea	pure maple syrup, honey or coconut nectar
or	or
1.5 Cups of silk, Almond Milk, Unsweetened (175 g)	Smashed Berries: Raspberries, Blackberries, Blueberries (about 1 cup)
or	
120 grams of milk, semi-skimmed, pasteurised, average	
or	
½ cup plus 1 tablespoon chia seeds	

Cooking method

- 1
In a medium bowl, combine the tea, milk and chia seeds.
- 2
Add the maple syrup to taste and blitz with a hand-held blender about 10 times, until combined.
- 3
Place the bowl in the refrigerator until the pudding is thick and scoopable – 30 minutes or overnight.
- 4
Serve with smashed berries