

### Chia Bowl (RECIPE PROVIDED BY B.WELL CAFÉ)

### Yield: 1 serving



### Ingredients

- <sup>3</sup>/<sub>4</sub> cup milk alternative (such as almond, coconut or oat milk)
- 1/4 cup chia seeds

Drizzle of pure maple syrup Dash of sugar (we use coconut sugar)

Toppings: Berries

See "Optional" section for additional topping ideas

#### Optional:

Maca powder Almonds (for topping) Coconut flakes (for topping)

### Instructions

Mix all base ingredients in a single-serving container and refrigerate for at least 30 minutes or overnight. Give a good stir prior to adding your desired toppings. Add fresh berries and any other toppings you'd like.



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### Chia Bowl

### Description

Chia bowls are a nutrient-dense and quick option to satisfy your sweet tooth! The chia seeds provide heart-healthy omega 3 fats, as well as gut-friendly fiber. This recipe allows you to customize the sweetness to your taste preference. Start with less and add more if needed.

# FARMERS

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### **Farmers Market Finds**

- Maple Syrup
- Fresh Berries

## GROCERY STORE

### **Grocery Store Grabs**

- Non-dairy Milk (oat, soy, almond, coconut)
- Sugar
- Chia Seeds
- Maca Powder (optional)
- Almonds (optional)
- Coconut Flakes (optional)

### Local Chef & Recipe

B.Well Café is located in Houghton, Michigan and has a menu featuring providing organic whole-food options, locally produced when able!

**PHF**oundation

### Substitutes

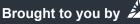
Could use regular milk in place of non-dairy milk, if preferred.

Could use honey in place of maple syrup.

Could use white sugar or maple sugar in place of coconut sugar.

### **Pairs with**

This sweet pudding-like side would pair well with any fresh fruit you have on hand. Adding muesli or granola would be a nice addition to this dish or having a side of toast with your favorite nut butter to create a complete meal. This dish can also be eaten alone as a snack!



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