

Chocolate Chia Mousse

Makes: Serves 5

Ingredients

- 1 1/3 cup Water
- 1 can light coconut milk
- 1 Small banana (fresh or frozen)
- 1 tbs Xylitol (sweetner)
- 1 tsp vanilla essence
- 1/4 cup cocoa powder
- 1/2 tsp cinnamon
- 1/4 tsp chili powder
- Pinch sea salt
- zest of one orange
- 1/3 cup chia seeds - Use whole seeds if you have a powerful blender otherwise use ground seeds.



Instructions

Put all ingredients in blender and mix thoroughly.

Add chia seeds while blending (add at this point to prevent clumping).

Pour into sealable container, refrigerate allowing to thicken for 6 hours or overnight.

Nutrition information:

Each Serving:	Approx 140g
Kcal	180
Fat	6g
Net Carbs	9g
Protein	6g

CHIA SEEDS BENEFITS

Chia seeds are nature's wonder food, charged with many nutrients. Have chia in the morning in a glass of water before breakfast. Soak them to make chia gel and use it to replace butter. Try our delicious Chia Pudding recipe - available on our website.

- Vegan
- Great source of fibre
- Full of anti-oxidants
- Weight loss (cuts cravings for food)
- Balances blood sugar
- Gluten free
- Rich in omega-3
- Rich in protein
- Rich in anti-oxidants
- Gives sustainable energy
- Anti-aging (healthy skin, hair and nails)
- 3 times more iron than spinach
- 5 times more calcium than milk
- 7 times more vitamin C than oranges
- 15 times more magnesium than broccoli
- Chia gel can replace butter and eggs when baking
- Frugal food - they're cost effective
- Have no flavour, but magnify the taste of what they're added to

