

Chia Breakfast – Vegan – SOS

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

Serving Size: 2
Calories per serving: 226
Fat per serving: 11 grams

Ingredients

- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 1/4 cup rolled oats
- 1/2 teaspoon vanilla extract
- 4 tablespoons blueberries
- 1/2 banana, sliced
-

Instructions

1. Mix together in a bowl milk, vanilla extract, chia seeds, oats, and raisins. Set aside for 10 minutes.
2. Add to the mixture blueberries and banana, and stir.

Notes

Nutrition facts (per serving): Calories: 226, from fat: 19, total fat: 11g, cholesterol: 0mg, sodium: 85mg, total carbohydrate: 27g, fiber: 12g, sugar: 2g, protein: 7g.