



# Chia Bowl

(RECIPE PROVIDED BY B.WELL CAFÉ)



**Yield:** 1 serving

## Ingredients

- $\frac{3}{4}$  cup milk alternative (such as almond, coconut or oat milk)
- $\frac{1}{4}$  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.

# 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**  
MARKET

## 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!

## 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!