

RECIPE

Chia Banana Strawberry Breakfast Jar with Nutella®

Easy

4 h 10 min



INGREDIENTS

for 4 portions

2 tbsp Chia seeds

½ ripe banana, mashed

½ cup milk (Can also use almond milk, soy milk, etc.)

¼ cup strawberries, diced

1 tbsp Nutella®

1 tbsp roasted slivered almonds



To prepare this delicious recipe, 1 tsp of Nutella® per person is enough to enjoy!

STEPS

1 | Place the Chia seeds, banana and milk in the Mason jar. Using a spoon, gently stir the ingredients making sure the chia seeds do not form lumps. Close the jar and place in the fridge for at least 4 hours or overnight.

2 | Open the jar and give it a quick stir. Top with the strawberries, Nutella® and the roasted almonds.