

Breakfast birchia

SERVES 4 | **PREP TIME** 10 MINUTES, PLUS AT LEAST 1 HOUR STANDING

INGREDIENTS

2/3 cup chia seeds
¾ cup cream or coconut cream
1 cup water
Zest and juice of 1 lemon
1 tsp ground cinnamon
1 small apple, grated
2 tbsp sunflower seeds
2 tbsp pumpkin seeds
a few raspberries (fresh, frozen or freeze-dried;
optional)

METHOD

Place all the ingredients except the raspberries in a bowl and mix well. Divide between serving bowls, cover and refrigerate for at least 1 hour, preferably overnight.

Sprinkle over the raspberries just before serving.

Tips: Your birchia will vary in thickness and texture depending on whether you're using cream or coconut cream (and also on the brand). Adjust the amounts of chia seed up or down to get it how you like it. Also, leaving it in the fridge longer will give you a thicker birchia.

The exact portion size depends on your appetite – dish up what suits you on the day and keep leftovers in the fridge; it keeps for up to three days.



Recipe brought to you by Chef Craig Rodger
and the NEW WTF? Recipe Book.