



## ***Chia & Seeds Overnight***

Low Carb Breakfast: Particularly great before a long session with some intensity such as brick



For 4 servings:

- 2/3 cup of chia seed
- 3/4 cup of coconut milk
- 1 cup of water
- 1 tbsp. lemon juice (optional)
- 1 tsp ground cinnamon
- 1 tsp of Maple syrup
- 2 tbsp sunflower seeds
- 2 tbsp hemp seeds (optional)
- 2 tbsp pumpkin seeds

Add a few blueberries, raspberries, or crushed almonds (last minute)

Mix all the ingredients in a bowl, leave it in the fridge overnight. Can be store in a jar for  $\frac{3}{4}$  days.

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