



## Lewis' chia porridge

Warming, filling. Serves 1. Per Serve: Cal: 448;  
Fat: 29.3g; Pro: 32.9g; CHO: 3.8g

**Serves: 1, Prep time: -, Cook time: -**

## Instructions

Mix all ingredients (except sesame seeds) together in a pot over medium heat, bringing to just about boiling. Remove from heat and stir through sesame seeds. Serve.

## Ingredients

- 1.5 tablespoon Chia seeds
- 2 tablespoon Almond meal (or ground flaxmeal)
- 1 tablespoon Nut butter (I used peanut butter)
- 1 cups Boiling water
- 3 Drops / 1/2 tsp stevia-based sweetener (optional)
- 1 tablespoon Toasted sesame seeds
- 25 grams Vanilla protein powder (1 oz)