



Chia, lemon and cinnamon jelly

Ingredients (serves 1)

1 tbsp chia (10-12 g)

50 ml water or any vegetable drink without sugar
(rice, oat, soy...)

1 tsp lemon juice

Ground cinnamons

Method

1. In a small bowl mix a tablespoon of chia with water or plant milk, lemon juice and cinnamon to taste.

2. Let it sit in the fridge for the over night.

3. Eat directly from the bowl.