

OVERNIGHT GOLDEN SPICED CHIA CEREAL



Tags: [Pitta](#), [Spring](#), [Summer](#), [Vata](#)

Prep Time: 15 Min

Cook Time: Overnight

Serves: 2

Directions:

1. The night before, place chia, milk, spices, and vanilla in a large mason jar and shake or stir really well until combined. Place in fridge overnight to thicken.
2. Prepare your toppings.
3. Dry roast your seeds and coconut flakes; this will support better absorption and easier digestion.
4. Simply place pumpkin and/or sunflower seeds in a non-stick skillet and turn on the heat to medium-high. Toss for 5-8 minutes until lightly browned.
5. Place in an airtight glass container. Do the same with the coconut flakes.
6. For whole, raw almonds, I suggest soaking overnight as mentioned above.
7. I love making large batches of these dried toppings to have on hand as a mid-day snack or to put as a topping on oatmeal, quinoa, and even sautéed veggies!
8. In the morning, place your desired amount of

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chia pudding into a bowl, you can add more almond milk if you prefer it creamier, or place the chia in a blender for a smoother texture.

9. Here's where the creative fun comes in: sprinkle any of your toppings over the chia with a drizzle of maple syrup or honey.
10. Store your leftovers in the fridge, adding more almond milk if it becomes thick. This will keep for 1-2 days.

Ingredients:

4 tbsp Chia Seeds

1 – 1.25 cups homemade almond milk

1/2 tsp. pure vanilla extract

3 tsp. cardamom powder

2 tsp. cinnamon powder (recipe below)

1 tsp. turmeric powder

a pinch of ground ginger or 1/2 tsp of shaved fresh ginger root

a pinch of nutmeg powder

TOPPINGS PER SERVING (choose any or all)

1 tsp of cacao nibs

2 tbsp raisins, soaked overnight in filtered water

2 tbsp whole raw almonds, chopped and soaked overnight in filtered water

2 tbsp mixed dry roasted pumpkin and/or sunflower seeds

2 tbsp of dry roasted coconut flakes

2 tbsp of rose petal granola



Chia or “strength” as it is called in the ancient Mayan culture has amazing benefits in our modern world. As a busy mom, I’m all about simple recipes that don’t take a lot of time but that has a powerful nutritional impact! This is one of my favorite breakfast recipes, especially as we move from the winter, cooler months, into warmer weather. The pitta dosha benefits from cooler foods that have a sweet taste and let’s face it, sometimes you just don’t want hot bowl oatmeal on a warm summer’s day! This recipe is nourishing for our rasa dhatu (lymph, plasma tissue), and rakta dhatu (blood and liver) and therefore will support clear skin and the watery qualities of our body and mind.

Chia seeds are related to the mint family and are considered a whole grain which means they will disperse and provide sustainable energy all day. One ounce, about 2 TBSP gives you 4 grams of protein, 11 grams of fiber plus lots of magnesium and vitamin B.

Enjoy!