

## Pomegranate Vanilla Chia Porridge

### Ingredients

1 cup almond milk or nut milk of your choice  
1 tablespoon of chia seeds  
1 teaspoon organic vanilla powder  
1/2 tablespoon of sweetener of choice (raw organic honey / organic jaggery or 1 date)  
Pinch of pink himalayan salt

### Method

- After preparing your nut milk—mix the vanilla powder, sweetener, and salt in a bowl.
- Add in the chia seeds and whisk for a few minutes.
- Leave in the fridge overnight or in a jar container.
- The chia seeds will expand and absorb the milk, giving it a pudding texture.
- Garnish with pomegranate, goji berries, raw cacao nibs, or any fruit of your choice and enjoy!

Recipe courtesy: Raveena Taurani, Yogisattva



Photo: Nishtha Sadwelkar