

chia flax breakfast bowl

Serves 1

PREP TIME: 5 minutes

2 Tbsp ground flax

1 Tbsp chia seeds

1 tsp shelled hemp seeds (optional)

1 scoop protein powder or collagen peptides powder (or ½ of each)*

up to ¼ cup frozen fruit, 1 Tbsp dried fruit or a combination (I used frozen cherries)

½ - 1 tsp cacao nibs (optional)

¼ cup milk of choice (I used [Elmhurst walnut milk](#))

Optional toppings: unsweetened coconut flakes, plain Greek yogurt, crushed nuts, etc.

NOTES

*For this recipe I used a combination of [Ancient Nutrition Chocolate Bone Broth Collagen Protein](#) and [Vital Proteins Collagen Peptides](#). (If you use unflavored protein powder, consider adding some cacao powder, cinnamon, a drizzle of maple syrup and/or a little more fruit for extra flavor.)

Make several containers at once for breakfasts all week, and adjust the measurements according to your preferences (or better yet, save some time and skip the measuring altogether). Once you add milk, eat within 3 days. (Dry ingredients mixed together will stay fresh longer.) When you are ready to eat, if texture is thicker than you like, you can mix in more milk a few minutes before eating.

MEASURE out all dry ingredients and fruit into a 1 cup glass container with a lid.

ADD milk and stir well. (If you use a butter knife instead of a spoon to stir, you'll get less sticking to the utensil.) Make sure all dry ingredients mix with the milk. It should be a pancake batter consistency. Add more milk as needed.

COVER container and refrigerate 4-6 hours or overnight.

ADD your toppings of choice and enjoy.

