

Food Babe's Chia Seed Fruit Salad



| Prep Time: | Cook Time: | Total Time: | Serves: |
|------------|------------|-------------|---------|
| 10 mins | 30 mins | 40 mins | 4 |

<https://foodbabe.com/chia-seed-fruit-salad>

Ingredients:

- 1/3 cup chia seeds
- 2 cups nut milk
- 4 cups fresh or frozen fruit of your choice
- 1/4 cup currants
- 2 tablespoons orange zest
- 1 orange, juiced
- 1 tablespoon pure vanilla extract
- 1/4 teaspoon cinnamon
- 1/2 cup shredded coconut
- 1 tablespoon fresh mint

Instructions:

1. Add 1 cup diced fruit and a sprinkle of currants to 4 different bowls.
2. Combine nut milk, chia seeds, orange juice, zest, vanilla and cinnamon in a small pitcher and stir.
3. Pour 1/2 cup mixture on top of fruit in bowls.
4. Top fruit bowls with shredded coconut.
5. Refrigerate fruit bowls for at least 30 minutes (or chill overnight).
6. Top each bowl with a mint leaf before serving.

Notes:

- Please use organic ingredients if possible