



**MYELOMA
CANADA**
MAKING MYELOMA MATTER

Festive Chia Breakfast

DIGESTIVE SUPPORT AND GLYCEMIA REGULATION



Prep time: 10 minutes



Cooking time: 30-35 minutes (topping dependant)

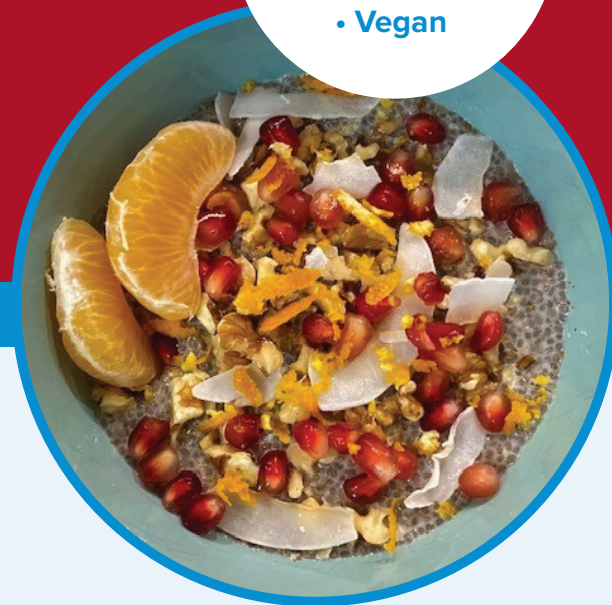


Total time: 40-45 minutes



Allergens: nuts, seeds

Serving : 2



Breakfast

- Gluten free
- Dairy free
- Vegan

I N G R E D I E N T S

- ¼ cup chia seeds
- 1 ½ cup unsweetened almond milk (any dairy-free nut or seed milk optional)
- 1 tbsp ground flaxseed
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ½ tsp maple syrup

TOPPING COMBINATION 1

- ¼ cup pomegranate seeds
- Walnuts, chopped
- Coconut flakes, sprinkled
- Orange zest, sprinkled

TOPPING COMBINATION 2

- Almond flakes
- Pumpkin seeds, sprinkled
- Dried cranberries, sprinkled
- Coconut flakes, sprinkled
- Orange zest, sprinkled

TOPPING COMBINATION 3

- 3 pears, core removed, sliced
- Handful cranberries
- Ground cinnamon, sprinkled
- Ground ginger, sprinkled
- Lemon juice, squeezed
- Coconut oil
- Walnuts, crushed and sprinkled

TOPPING COMBINATION 4

- Orange, sliced
- Fresh ginger, grated
- Almond flakes, sprinkled

P R E P A R A T I O N

TOPPING COMBINATIONS 1, 2, 4:

1. In a mixing bowl, whisk chia seeds, almond milk, ground flaxseed, cinnamon, ginger, and maple syrup. Be sure to whisk well to avoid clumps.
2. Set aside and let it stand for 25-30 minutes to thicken.
3. Option 1: Dish out into 2 bowls if you enjoy a cold breakfast.
Option 2: Place the mixture into a pot on the stove over a medium heat, continuously stirring if you prefer a warm porridge-like breakfast. Once warmed, remove from heat and dish out into 2 bowls.
4. Add any topping combination of your choice and enjoy!

TOPPING COMBINATION 3:

1. Preheat the oven to 180 °C and place pears, and cranberries onto a baking tray.
2. Drizzle lemon juice and melted coconut oil overtop evenly.
3. Sprinkle cinnamon and ginger over the fruits and bake for 30-35 minutes. Remove from oven and place on top of the thickened chia mixture.
4. Top with crushed walnuts.
5. You may have leftover fruits, which can be stored in the fridge in an airtight container for later use.

RECIPE HEALTH BENEFITS

- Chia seeds are packed with fibre. They support healthy digestion by allowing for regular bowel movements and eliminate toxins. They are full of antioxidants and reduce inflammation in the body.
- Chia seeds are also known to support blood sugar regulation. It is important to remember that over consumption can sometimes have an opposite effect so, eating all foods in moderation is key to a healthy balanced diet.
- The added flaxseed is high in Omega 3, a great source of fibre and protein.

TIPS

- It is important to use unsweetened nut or seed milk when making this recipe. This is the healthier option as it contains less sugar. You will be getting that sweet taste punching through from the maple syrup or fruit toppings.
- When a recipe calls for zest, it is important to use organic fruit for this. The skin on organic fruits is packed with nutrients.
- Non-organic fruit contain wax, pesticides and chemicals. If organic citrus fruit is not available, wash and peel the fruit, and avoid using the zest.
- The importance of a healthy breakfast can really help kick start your day. Breakfast or *Breaking the Fast* with a balanced meal increases energy levels, mood and concentration.
- Not only can this recipe act as a healthy breakfast but also as a healthy festive dessert post meal.
- For an additional protein boost, try adding a scoop of nut butter to your toppings.

This healthy festive flavoured breakfast is bursting with flavour. It can be served warm or cold depending on your preference with plenty of topping variations to accommodate different palates. It is full of fibre and Omega 3. Enjoy immediately or store in the fridge in an airtight jar for up to 3 days.



Recipe created by Gill Compton, CNM London:
Naturopathic Nutrition/NaturalChef

References:

- CNM London Lecture. (2021). Herbs, Spices and Booster Foods. London, United Kingdom.
- CNM London Lecture. (2021). Nuts and Seeds. London, United Kingdom.
- Mateljan, G. (2007). The World's Healthiest Foods. George Mateljan Foundation. Seattle, Washington. Page 732.



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