"Nourish your Body"

Recipe Collection

Strawberry coconut mousse

Ingredients

- ¼ cup chia seeds
- 4 large (or 6 small) strawberries
- ½ cup of organic coconut milk
- 6 almonds
- 1 teaspoon of cacao nibs
- 1 ice cube

Method

1. Combine ingredients in a blender (I used my nutribullet).
2. Blitz on high until all ingredients are thick and silky.
3. Allow to stand for 2 – 3 minutes to thicken.
4. Consume immediately or store in an airtight container for 1 – 2 days.
   Note: the mousse will continue to thicken over time.