

Piña colada Reinvented

Bram Lippens. Team Chef.



PRO CYCLING



What you will need:

- Mixing bowl
- Dicing knife
- A blender
- Large spoon
- Sieve (optional)

Ingredients:

“Colada” Chia pudding:

- 1l Coco milk
- 100 gr chia seeds
- Splash of honey/agave

“Piña”

- 1 fresh Pineapple (take a ripe, natural sweetened one)
- 5 twigs of fresh mint

Let's get started:

Chia pudding:

- Pour in the coco milk, optional honey/agave, and chia in a bowl. Firmly whisk and cover with plastic film and put in the fridge.
- Whisk every 10 minutes for the first hour to avoid clots
- Leave in the fridge for about 8 hours (or overnight).

Pineapple:

- Peel the pineapple, taking the core out
- Dice the pineapple into chunks
- Add mint and diced pineapple chunks in a blender
- Blend on high level until smooth
- If desired, the liquid can be sifted before pouring

Pour the “juice” into glasses and spoon your chia pudding gently on top.

If you have any leftovers, you can use it for breakfast or as an afternoon snack.

Finish off with favourite toppings of your choice:

- roasted almonds
- red fruit
- fresh mint
- granola
- cacao nibs

Enjoy!



boyumfit



Alcatel-Lucent
Enterprise



BMC

S&S

SuperSport

