



JAFFA ORANGE CHIA PUDDING

Makes

4

Time

40
mins

Level

MEDIUM

Kcal

164
per portion

You will need

3x Jaffa oranges
3 x dates (softened with pits removed)
75g chia seeds
57g almonds (soaked overnight, drained and rinsed)
Granola
235ml water

Our step by step guide

Step 1

Place the almonds, dates and water in high-speed blender, process until well blended.

Step 2

Zest one of the Jaffa oranges and add to the mixture.

Step 3

Segment the inside of the Jaffa orange and set aside.

Step 4

Juice the two remaining Jaffa oranges and add to the mixture.

Step 5

Add chia seeds and Jaffa orange segments and stir.

Step 6

Set for 20 minutes.

Step 7

Enjoy!

PUT SOME
#JAFFAJOY
IN YOUR BELLY

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