

Beet Berry Chia Cups

Recipe by Sisley Killam from Joyous Health

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Ingredients:

- 2 cups nut milk
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1/4 cup chia seeds
- 1 beet, juiced in cold-pressed juicer
- 1 tsp pure vanilla extract or 1 vanilla bean pod
- 1 tsp maple syrup (optional)
- Sprig of basil, to garnish

Instructions:

1. In a mason jar, add the chia seeds, nut milk, beet juice, vanilla and maple syrup (if using) and shake well.
2. Let sit in the fridge for at least 1 hour and stir well once removed.
3. Add the raspberries and blackberries on top and serve fresh or take with you as an on-the-go snack.
4. Top with basil for an extra pop of colour and goodness!

Notes:

Serves 2.