



Ingredients:

Chia Seed - 12gm
Instant Oats - 20gm
Honey (optional) - 10gm
**Annum™ Materna -
3 scoops, 36gm or 1 stick pack**
Luke Warm Water - 100gm
Diced Strawberries - 30gm
Diced Dragon Fruit - 30gm

1. Prepare a bowl, add in chia seed, instant oats, honey, Annum™ Materna and dilute with water and stir well.
2. Add in all fruits and scoop into a nice glass and set it in the chiller for at least 4 hours.
3. Serve chill.



ANNUM™
MATERNA

Fibre Pudding