



Fibre Pudding



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Ingredients

- 1) AnnumTM Materna Plain -
3 scoops (36gm) or 1 stick pack
- 2) Chia Seed - 12gm
- 3) Instant Oats - 20gm
- 4) Lukewarm Water - 100gm
- 5) Diced Strawberries - 30gm
- 6) Diced Dragon Fruit - 30gm
- 7) Honey (optional) - 10gm



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Directions



- 1** Prepare a bowl, add in chia seeds, instant oats, honey and AnmumTM Materna, then 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 chilled.

