

# Chocolate Mint Rooibos Chia Bowl



[www.stirtea.co.nz](http://www.stirtea.co.nz)

Serves two

## Ingredients:

1 cup of strongly brewed Chocolate Mint Rooibos by Stir Tea

4 tbsp chia seeds

6 tbsp almond milk (or another milk of your choice)

1 tbsp cocoa

1 tbsp cacao nibs

1-2 tsp vanilla extract, maple syrup or sweetener to taste (optional)

Sliced fruit and/or berries to garnish



## Method:

1. In a bowl add 4 tbsp of chia seeds
2. Add 6 tbsp almond milk
3. Now add 1 cup of strongly brewed Chocolate Mint Rooibos Stir tea
4. 1 tbsp of cocoa, 1 tbsp of cacao nibs and 1 tbsp of vanilla extract or maple syrup
5. Stir until well combined, cover and put in the fridge over night
6. Enjoy with your favourite fresh fruit to garnish

*We hope you get a lot of joy from making and sharing this Chocolate Mint Rooibos Chia Bowl with your favourite cup of Stir Tea. Wishing you Happy Tea Times from everyone at Stir.*

A delicious and nourishing start to your day, also a fantastic snack or dessert.

*Recipe based on one from the new book, 'Cancer Hates Tea' by Maria Uspenski.*