



SIEMENS

Chia-Chai Pudding with baked and fresh Berries.

Total time saving with varioSpeed: 12 Minutes.

Category of dish

Breakfast –
Low Calorie

Cooking accessories

Wire rack,
Ovenproof individual
bowls (160 ml),
Blender / Food processor

Nutrition facts

Energy (Kcal): 257
Protein (g): 10.9
Carbohydrate (g): 32.4
Total fat (g): 6.6

Tips

You can also use other kinds of seeds to make a similar version of this pudding, such as linseed and basil seed.

You can use any kind of milk for this pudding, we chose almond milk for a vegan option.

For 4 servings

INGREDIENTS

Pudding:

120 g chia seeds
280 ml unsweetened
almond milk
1 heaped tsp chai spice mix, 4 g
80 ml maple syrup
1 tsp vanilla extract, 5 g

Fast fruit jam:

360 g raspberries

For garnish:

20 g strawberries
20 g blueberries
20 g raspberries
1 tsp dried coconut, 4 g

PREPARATION

1. Combine in a bowl all the ingredients of the pudding and portion into individual ovenproof bowls. Set aside.
2. Place the raspberries in a mesh sieve and rinse under cold water, shake off the excess water.
3. Put the raspberries into a measuring cup and blend with a hand blender to a chunky consistency. Portion into the individual bowls, to top the chia pudding.
4. Place the saucers on top of the bowls to cover as a lid.
5. Bake as indicated.
6. Meanwhile, rinse the berries for garnish under cold water and pat dry. Slice the strawberries into quarters.
7. Place the berries on top of the pudding and sprinkle with grated coconut.

Setting procedure with your varioSpeed Oven.

60 cm Oven:

For the individual puddings: Individual oven proof bowls (160 ml), covered with saucers, on wire rack – level 2; Microwave combination: 4D Hot Air / 160 °C / 180 W; Time: 10 minutes

45 cm Oven:

For the individual puddings: as 60 cm oven, except individual oven proof bowls (160 ml), covered with saucers, on wire rack – level 1

Alternative settings (conventional heating function)

60 cm Oven:

For the individual puddings: Individual oven proof bowls (160 ml), covered with saucers, on wire rack – level 4 ; 2D Hot Air 160 °C; Time: 22 minutes

45 cm Oven:

For the individual puddings: as 60 cm oven, except individual oven proof bowls (160 ml), covered with saucers, on wire rack – level 1

Total time saving with varioSpeed: 12 min.