

A diet rich in complete proteins is important to vegetarians and meat eaters alike. Chia seeds are a versatile vegetarian-friendly complete protein. Check out our list of other complete protein sources at rmalab.com/vegetarian-protein-sources

Chia Seed Oatmeal

Ingredients

1 cup Unsweetened Almond Milk	<u>Toppings:</u>
1/2 cup Old Fashioned Oats	2 tablespoon blackberries
1 tablespoon Chia seeds	1 tablespoon coconut
	1 tablespoon goji berries
	2 tablespoons pumpkin seeds
	1 tablespoon peacans
	1 tablespoon maple syrup



Instructions

1. Place almond milk in a small saucepan and let it come to a boil.
2. Stir in the oats. Cook about 5 minutes over medium heat, stirring occasionally.
3. Before taking it off the heat, add the chia seeds and give it a stir.
4. Place it in a bowl and stir in the toppings.

Source: <http://garden-of-vegan.tumblr.com/tagged/breakfast/page/3>