




 **47%**
HEALTH SCORE

Goldilocks Chia Seed Porridge


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




15 min.

SERVINGS



1

CALORIES



387 kcal

MORNING MEAL BRUNCH BREAKFAST

Ingredients

- 1 tablespoon sesame seeds black
- 1 tablespoon cacao nibs
- 3 tablespoons chia seeds
- 1 tablespoon goji berries
- 0.5 cup vanilla hemp milk
- 1.5 teaspoons lucuma powder
- 0.1 cup mangos fresh cubed
- 1 tablespoon pumpkin seeds

2 strawberries fresh sliced


Equipment

bowl

Directions

Lovingly mix all of the ingredient's together in your favorite cereal bowl, let sit for approx. 5 minutes or longer so that the Chia seeds can began to thicken into a gel-like consistency. You may prefer to add the Chia seeds and the hemp milk first to allow for the thickening process to take course before adding the remaining ingredient's, this shall be up to you. Once the cereal is thickened, think happy and enjoy!

Nutrition Facts

 **PROTEIN 13.17%**  **FAT 58.9%**  **CARBS 27.93%**

Properties

Glycemic Index:136.75, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:31.4%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 386.62kcal (19.33%), Fat: 26.07g (40.11%), Saturated Fat: 5.29g (33.04%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 10.15g (3.69%), Sugar: 4.98g (5.54%), Cholesterol: 0mg (0%), Sodium: 76.62mg (3.33%), Protein: 13.11g (26.22%), Vitamin D: 59µg (393.33%), Manganese: 1.74mg (86.85%), Fiber: 18.16g (72.62%), Phosphorus: 663.95mg (66.39%), Magnesium: 251.73mg (62.93%), Calcium: 463.37mg (46.34%), Copper: 0.83mg

(41.4%), Selenium: 23.78µg (33.98%), Iron: 5.84mg (32.45%), Vitamin C: 22.39mg (27.13%), Vitamin B1: 0.38mg (25.62%), Vitamin B3: 4.27mg (21.35%), Vitamin B2: 0.36mg (21.01%), Zinc: 3.1mg (20.68%), Vitamin B12: 0.74µg (12.29%), Potassium: 427.81mg (12.22%), Folate: 45.83µg (11.46%), Vitamin A: 493.63IU (9.87%), Vitamin E: 1.26mg (8.42%), Vitamin B6: 0.11mg (5.67%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.15mg (1.5%)