

Ingredients:

- 120 g (1/2 cup) plant-based liquid, such as soy, oats, almond, etc.
- 20 g (2 tablespoons) chia seeds
- 1 g (1/2 teaspoon) cinnamon powder
- 3 g (1/2 tablespoon) ground flaxseeds (optional)

1. Pour the liquid in your jar first, followed by the rest of the ingredients.

2. Cover with a lid and shake, shake, shake, shake to avoid any clumping.

3. Repeat if needed 1 to 2 minutes later before storing in your fridge overnight (or at least for 30 minutes).