



## Protein Packed Chia Seed Pudding

1 serving

5 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1/3 cup Unsweetened Almond Milk ((or unsweetened coconut milk))
- 1 tbsp All Natural Almond Butter ((or natural peanut butter))
- 3 tbsps Vanilla Protein Powder
- 2 tbsps Collagen Powder
- 1 1/2 tbsps Plain Greek Yogurt
- 1 tbsp Blueberries
- 1 tbsp Strawberries ((Sliced))
- 1/2 tsp Cinnamon ((dash))
- 1 tsp Walnuts (optional)

### Directions

- 1 Combine chia seeds and water/milk in a bowl, let it sit for 5-8 minutes and gel. Add in cinnamon & heat in microwave for 40 seconds. Stir and then add in dash more of cinnamon, nut butter, protein powder, collagen, Greek yogurt and the nuts, seeds, fruit. Add more milk in needed for a smoother consistency.

### Nutrition

Amount per serving	
Calories	454
Fat	28g
Carbs	30g
Fiber	15g
Sugar	4g
Protein	29g
Cholesterol	6mg
Sodium	98mg
Potassium	578mg
Vitamin C	8mg
Calcium	576mg
Iron	5mg
Vitamin D	43IU
Folate	25µg
Vitamin B12	0.4µg
Magnesium	215mg
Zinc	2mg