



Chia Seed Pudding

1 serving

1 minute

Ingredients

- 2 tbsps Chia Seeds
- 1/3 cup Unsweetened Almond Milk ((or unsweetened coconut milk))
- 1 tbsp All Natural Almond Butter ((or natural peanut butter))
- 1 tbsp Vanilla Protein Powder
- 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 and the nuts, seeds, fruit. Add more milk in needed for a smoother consistency.

Nutrition

Amount per serving	
Calories	274
Fat	19g
Carbs	18g
Fiber	9g
Sugar	3g
Protein	13g
Cholesterol	1mg
Sodium	66mg
Potassium	343mg
Vitamin C	6mg
Calcium	338mg
Iron	3mg
Vitamin D	34IU
Folate	21µg
Vitamin B12	0.1µg
Magnesium	121mg
Zinc	1mg