

Chia Seed Protein Pudding Snack

A creamy combination of protein, unsweetened almond milk, chia seeds, and your fruit of choice for a simple snack. Make them ahead of time for a quick to-go option! Chia seeds are rich in Vitamin K, fiber, and Omega-3 fatty acids.

Ingredients:

1 cup (about 75 grams)	Protein isolate powder (I use a vanilla whey isolate)
2 ½ cups	Unsweetened vanilla almond milk
¼ cups	Chia seeds
1 tbsp	Stevia
Optional	Fruit of choice and/or nuts for topping

Directions:

1. In a medium bowl, combine and mix all ingredients except fruit topping. Mix until all powder chunks are worked out.
2. Cover bowl and refrigerate for 30 minutes. This will give the chia time to thicken. If doing this for meal prep, separate the mixture into two mason jars and cover (instead of keeping the mixture in the bowl), then put in the fridge until ready to grab/eat.
3. To serve, split between two bowls or cups then top with fruit or nuts of choice. If grabbing from the mason jar, be sure to top with some fruit 😊 ENJOY!

Servings: 2 servings
 Serving size: ½ whole recipe (does not include optional toppings)

Chia Seed Protein Pudding Snack		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	290 kcal	15 %
Total Fat	11.6 g	18 %
Saturated Fat	1.9 g	10 %
Trans Fat	0 g	
Cholesterol	64.5 mg	21 %
Sodium	303.6 mg	13 %
Total Carbohydrate	16.2 g	5 %
Dietary Fiber	8.1 g	33 %
Sugars	4.9 g	
Protein	31.5 g	63 %
Vitamin A	13 %	Vitamin C 1 %
Calcium	86 %	Iron 23 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		