



BERRY CHIA SEED PUDDING



Method:

1. Put protein powder and water into a shaker and shake until all powder is dissolved.
2. In a jar, mix together the protein mixture and chia seeds. Set aside for 15 minutes for chia to soak up the liquid, stirring every 5 minutes.
3. Once soaked, top chia pudding with Greek yoghurt, honey, cinnamon, fruit, and pumpkin seeds.
4. Eat immediately or keep in the fridge overnight for breakfast on the go.

Ingredients:

- 3 scoops organic whey or vege protein powder
- 300 ml water
- 4 tbsp chia seeds
- ½ cup low fat Greek yoghurt
- 1 tsp honey
- ½ tsp cinnamon
- ½ cup frozen blueberries
- 1 Granny Smith apple
- ¼ cup pumpkin seeds

Nutrition Information

Serves 2 people

Nutrient	Per serve
Energy	2252 kJ
Protein	49 g
Fat	21 g
Carbohydrate	30 g
Fibre	15 g
Calcium	520 mg

N.B. The protein content of this recipe may vary depending on the type of Greek yoghurt and protein powder used.



HOT TIPS

To save time, double the recipe and keep in a large jar to use over several days – just add yoghurt, fruit, and pumpkin seeds each day.