



## Recipe

# Maple Chia Seed Pudding

**Serves 1**

**Cooking and prep:** 10 minutes

**Calories per serve:** 285 per serve

### *Ingredients*

- 25 grams of black chia seeds
- $\frac{3}{4}$  cup of organic almond milk
- $\frac{1}{2}$  serve protein powder
- $\frac{1}{2}$  tbsp maple syrup
- 1 tablespoon of coconut yoghurt to serve
- 6 blueberries/raspberries to serve



### *Method*

1. Place the chia seeds, maple syrup, protein powder and almond milk into a bowl/jar and stir.
2. Place in the fridge and stir every couple of minutes until it thickens (for about 10 minutes).
3. Serve with the coconut yoghurt and blueberries/raspberries.