



Strawberry Banana Chia Pudding

2 servings

3 hours

Ingredients

240 milliliters Plain Coconut Milk
(unsweetened, from the carton)
24 grams Vanilla Protein Powder
48 grams Chia Seeds
72 grams Strawberries (chopped)
1/2 Banana (sliced)

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.