

BERRY CHIA SEED PUDDING

SERVES 2

SOURCE: Sports Dietitians Australia

🕒 10 MINUTES



NUTRIENT	PER SERVE
Energy	2252kJ
Protein	49g
Fat	21g
Carbohydrate	30g
Calcium	520mg
Fibre	15g



HOT TIP!

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.

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

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.



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