

Chia seeds are nutrient and mineral rich, fibre packed as well as being a source of skin loving omega 3! Whats not to love!!





## Raspberry Chia Protein Pudding

2 servings  
30 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Nut-Free,** Use coconut milk instead of almond milk.

**Likes it Sweet,** Add a drizzle of maple syrup or honey.

**Protein Powder,** This recipe was developed and tested using a plant-based protein powder.