



Nora's Collagen Pudding

A Simple Recipe for Recovery Support

From Episode 178 *We Didn't Plan For This - A Special Series from How Yoga Changed My Life a Podcast*

This is a simple, intentional recipe Nora has been using during recovery—something she's been eating about four times a week, especially in the evening. The goal isn't just nutrition. It's support.

This combination of ingredients is designed to be easy on digestion, so the body can direct more energy toward healing—supporting muscle repair, bone health, hormones, and overall recovery.

- **Coconut milk** provides fats rich in MCTs (medium-chain triglycerides), which are more easily absorbed and require less energy to digest.
- **Collagen peptides** are already broken down into peptide form, making them gentle on the system and easy to utilize.
- **Chia seeds** add fiber and omega-3 fatty acids to support digestion and overall health.

Ingredients (Makes 4 servings)

- 10 tablespoons organic chia seeds
- 1 cup oat milk
- 4 scoops unflavored collagen peptides
- 1.5 to 1.75 cups organic full-fat coconut milk
- 2 tablespoons raw, unpasteurized honey
- 2 teaspoons vanilla extract

Instructions

1. Add all ingredients to a bowl or jar.
2. Stir thoroughly until everything is well combined.
(Make sure the chia seeds are evenly distributed and not clumping.)
3. Let sit for 5–10 minutes, then stir again.
4. Cover and refrigerate for at least 2–4 hours, or overnight.



5. Once set, divide into 4 servings.

Tips

- If the texture is too thick, add a splash of oat milk before serving.
- If it's too thin, let it sit longer or add a small amount of chia seeds and stir again.
- Best enjoyed chilled.

Optional Add-Ins

- Fresh berries
- Cinnamon
- Shredded coconut
- A pinch of sea salt

Nutritional Highlights (per serving, approx.)

- ~430 calories
- Healthy fats (MCTs) for efficient energy use
- Easy-to-digest protein (collagen peptides)
- Fiber + omega-3s from chia seeds

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This recipe came up during a real conversation about recovery—what actually helps, what doesn't, and how to support your body when things don't go as planned.

If you're in a season where your body needs more support—this is one simple place to start.