



RASPBERRY & VANILLA CHIA PUDDING

 Serves: 2

Nutrition Per Serve

- Calories: 356 kcal
 - Protein: 30 g
 - Carbohydrate: 14 g
 - Fat: 18 g
 - Fibre: 11 g
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Ingredients

- High protein yoghurt: 2 cup
 - Raspberries, frozen: 1 1/2 cup
 - Chia seeds: 3 T
 - Stevia/monk fruit extract: 2 tsp
 - Vanilla extract: 1 tsp
 - Coconut chips: 2 T
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Method

- Combine all of the ingredients in a bowl (except for the coconut chips)
 - Refrigerate overnight & mix before serving
 - Sprinkle 1 T of coconut chips over each serve
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Tips & Substitutions

- Keeps in the fridge for a couple of days so you can easily double or triple the recipe to last a few days
 - Raspberries can be substituted with other frozen/fresh berries
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Gluten Free

Dairy Free Use plant based yoghurt and add 1 serve protein powder (equivalent of 25-30 g protein)