

Evive Smoothie Bowl with Chia Pudding



Discover our delicious Evive Smoothie Bowl with Chia Pudding. This delightful combination brings together the convenience of Evive smoothie cubes and the nutritious goodness of chia pudding, creating a satisfying and nourishing bowl to kickstart your day.

Preparation 5 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 325

Fat 12

Carbohydrates 44

Fibre 14

Protein 14

Sodium 65

Ingredients

Vanilla Chia Pudding

- 250 ml (1 cup) unsweetened vegetable drink
- 60 ml (1/4 cup) chia seeds
- 2.5 ml (½ tsp) vanilla extract

- 10 ml (2 tsp) maple syrup

Smoothie*

- One [Evive smoothie](#) wheel of your choice (we took the [Saphir](#))
- 60 ml (¼ cup) unsweetened vegetable drink
- One frozen banana, sliced

Topping (optional)

- Blueberries
- Coconut shavings
- Granola
- Mint leaves

Note: For athletes, you can add a scoop of protein powder of your choice to the blender to ensure you get the protein you need.

Preparation

1. In a bowl or mason jar, mix all the ingredients for the chia pudding. Place in the refrigerator overnight or for a minimum of 3 hours.
2. On the morning of serving, place all smoothie ingredients in a blender and blend until smooth.
3. In a bowl, pour half of the chia pudding into half of the bowl, holding the mixture with a spoon. Immediately add half of the smoothie mixture to the other side, continuing to hold back the chia pudding with a spoon so you have the smoothie mixture on one side and the chia pudding on the other.
4. Add toppings if desired.



Gabrielle Simard – Créatrice culinaire
Culinary Creator