

Peanut Butter and Berry Jam Chia Pudding



Indulge in the deliciousness of our Peanut Butter and Strawberry Jam Chia Pudding recipe. This delightful blend of flavors combines creamy peanut butter, sweet strawberry jam, and nutritious chia seeds for a satisfying and wholesome treat. Try it now!

Preparation 5 min
Cooking 0 min
Waiting 60+ min
Servings 2
Nutrition Facts (per serving)
Calories 470
Fat 27
Carbohydrates 37
Fibre 17
Protein 19
Sodium 70

Ingredients

- 250 ml (1 cup) milk of choice
- 60 ml (¼ cup) natural peanut butter, divided
- 60 ml (¼ cup) + 30 ml (2 tbsp) chia seed, divided

- 250 ml (1 cup) frozen berries, thawed and crushed
- 30 ml (2 tbsp) plain Greek yogurt

Preparation

1. In a bowl, combine the milk, chia seeds and half of the peanut butter. Refrigerate for at least 1 hour, or ideally overnight.
2. In another bowl, combine the thawed berries with the remaining chia seeds. Mix well. Reserve.
3. To serve, layer chia pudding in two jars. Add a layer of Greek yogurt, followed by the remaining peanut butter, then the berry mixture.

Notes

Can be refrigerated for up to 3 days



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