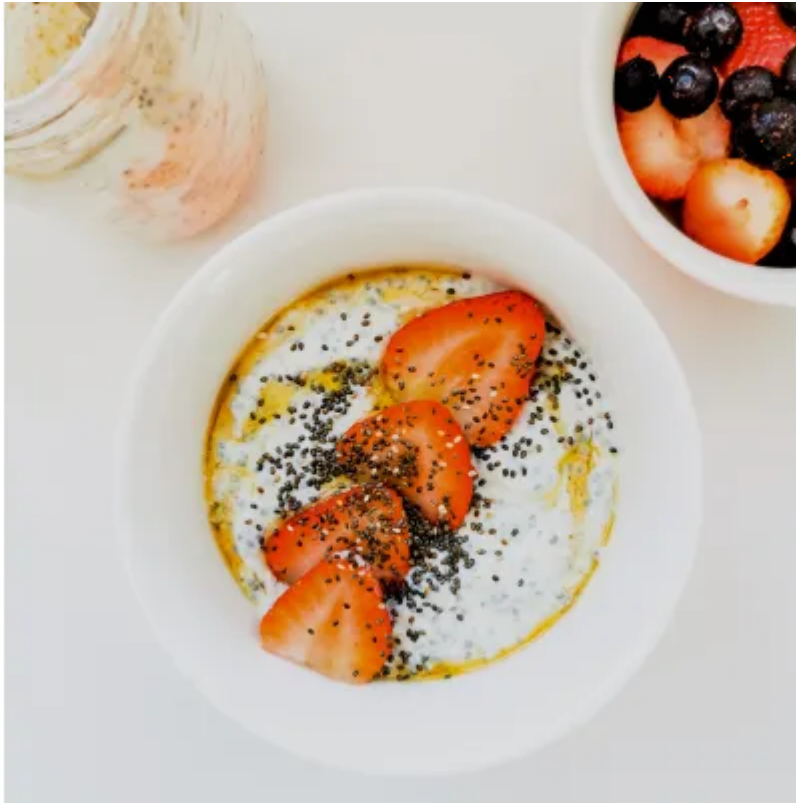


Protein Chia Pudding



This chia seeds pudding recipe offers an excellent breakfast option with its high fiber and protein content, providing satisfying support. It also serves as a great post-workout snack, perfect for preparing in advance.

Preparation 5 min

Cooking 0 min

Waiting 120 min

Servings 1

Nutrition Facts (per serving)

Calories 315

Fat 11

Carbohydrates 37

Fibre 15

Protein 22

Sodium 135

Ingredients

- 125 ml (½ cup) plain Greek yogurt
- 125 ml (½ cup) milk or soy beverage
- 30 ml (2 tbsp) chia seeds
- 15 ml (1 tbsp) wheat germ or wheat bran
- 5 ml (1 tsp) maple syrup or honey

- 2.5 ml (½ tsp) vanilla extract
- 125 ml (½ cup) fresh or frozen berries

Optional toppings: granola, nuts of your choice, nut butter, chocolate chips

Note: Frozen berries can also be used for this recipe. The berries can be substituted with other fruits of choice, such as sliced peaches, sliced banana, or diced apple.

Preparation

1. Mix all the ingredients except for the berries.
2. Let it sit at least two hours or overnight in the refrigerator.
3. Add a little milk to the pudding if it is too thick for your liking. Serve with the berries as a topping.

Notes

Can be kept 5 days in the refrigerator.



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