

BLUEBERRY CHIA PUDDING

VEGAN PROTEIN POWDER INGREDIENTS:

- 15G CHIA SEEDS
- 15G VEGAN PROTEIN POWDER (*FLAVOUR OF YOUR CHOICE*)
- 40G BLUEBERRIES (*FROZEN or FRESH*)
- 150ML UNSWEETEND ALMOND MILK

WHEY PROTEIN POWDER INGREDIENTS:

- 15G CHIA SEEDS
- 15G WHEY PROTEIN POWDER (*FLAVOUR OF YOUR CHOICE*)
- 40G BLUEBERRIES (*FROZEN or FRESH*)
- 90ML UNSWEETEND ALMOND MILK

METHOD:

1. Place chia seeds into a single serve container.
2. Mix protein powder & unsweetened almond milk into a protein shaker & shake.
3. Pour protein shake into container with chia seeds & stir well, making sure you get all the chia seeds from the base of the container.
4. Add blueberries & allow to set / rest in the fridge overnight.

TIP:

- *Experiment with different fruit.*
** Note you may need to decrease the volume of almond milk to compensate for the water content of the chosen fruit.*