

BLUEBERRY CHIA SEED PUDDING



LifeShape Clinic

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INGREDIENTS

1 1/2 cups almond milk
(unsweetened)
1/2 cup chia seeds
2 tablespoons honey
1/2 teaspoon vanilla extract
1 cup blueberries
3/4 cup low fat Greek
yoghurt
1/3 cup granola

METHOD

1. Combine the milk, honey, vanilla, and blueberries in a blender until pureed. Fold in the chia seeds. Pour into individual cups.
2. Cover and place in the fridge overnight.
3. Top with yoghurt and granola before serving.

Nutrition Guide

PER SERVE

Energy (cal)	274cal
Protein	9g
Fat	11.8g
Saturated Fat	1.8g
Carbohydrate	29.3g
Sugar	23.9g
Sodium	118mg
Fibre	10.6g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: Yes
Total Meal Calories: 274cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: No
Recommendations: Half the amount of honey and reduce total number of servings to three
Total meal calories: 336 cal

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SERVES

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