

# CHAI PUDDING

## INGREDIENTS

- 1 Ideal Protein Diet Vanilla pudding
- 5 oz Chai tea (you can also try green tea, jasmine, rose tea, lemon, hibiscus flower, Earl Grey, orange flower, lemon grass, rosemary etc.)



## PREPARATION

1. Brew a strong cup (5 oz) of Chai tea.
2. Let it chill.
3. Mix the content of 1 Ideal Protein Vanilla Pudding with the chilled Chai tea.
4. Shake vigorously in a sealed jar till bubbly.
5. Enjoy!

