



VANILLA RASPBERRY CHIA PUDDING

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Unsweetened Almond Milk	1 Cup	Vanilla Extract	½ Tsp.
Nonfat Plain Greek Yogurt	½ Cup	Raspberries	¼ Cup
Vanilla Protein Powder	1 Scoop	Chopped Pecans (Optional)	1 Tsp.
Chia Seeds	3 Tbsps.		

SERVING SIZE 1

PREPARATION

- 👉 In a medium bowl, whisk together the almond milk, Greek yogurt, protein powder, vanilla, until smooth.
- 👉 Stir in the chia seeds and mix well.
- 👉 Let the mixture sit for 5 minutes, then stir again to prevent clumping.
- 👉 Divide evenly between two jars or containers.
- 👉 Refrigerate for at least 4 hours or overnight until thickened.
- 👉 Top with raspberries and chopped pecans, if desired, before serving.