

PB Protein Chia Pudding

Web Recipe · Dessert · GF

280 cal · 18g protein · 22g carbs · 14g fat · 2 servings

Ingredients

- 1/4 cup chia seeds
 - 1 cup unsweetened soy milk
 - 1 scoop vegan vanilla protein powder
 - 2 tbsp peanut butter divided
 - 1 tbsp maple syrup
 - 1/2 tsp vanilla extract
 - 1/4 tsp cinnamon
 - 1 tbsp cacao nibs for topping
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Instructions

1. In a bowl, whisk soy milk with protein powder until dissolved (this prevents clumps).
 2. Add 1 tablespoon peanut butter, maple syrup, vanilla extract, and cinnamon. Whisk until smooth.
 3. Stir in chia seeds thoroughly.
 4. Cover and refrigerate at least 4 hours or overnight. Stir once after 30 minutes to prevent clumping.
 5. Divide between 2 servings. Top each with remaining peanut butter and cacao nibs.
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Generated by Meal Planner · Per serving macros