

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

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.

Generated by Meal Planner · Per serving macros