

Blueberry Chia Pudding

This is a great recipe for someone with higher fat macros which is coming from chia seeds and coconut milk.



PREP TIME

5 mins

TOTAL TIME

8 hrs 5 mins



COURSE

Breakfast, Dessert, Gluten Free, Snacks



SERVINGS

5 serving

CALORIES

201 kcal

INGREDIENTS

- 1 15 oz can Coconut Milk (Unsweetened) Thai Kitchen
- 3/4 c Blueberries
- 6 Tbsp chia seeds
- Stevia to taste

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Add stevia to mixture to taste.
3. Put into 5 containers and put into the fridge overnight.

NUTRITION

Nutrition Facts

Blueberry Chia Pudding

Amount Per Serving

Calories 201 Calories from Fat 153

% Daily Value*	
Fat 17g	26%
Saturated Fat 12g	75%
Polyunsaturated Fat 0.02g	
Monounsaturated Fat 0.01g	
Sodium 30mg	1%
Potassium 12mg	0%
Carbohydrates 10g	3%
Fiber 6g	25%
Sugar 2g	2%
Protein 5g	10%
Vitamin A 5IU	0%
Vitamin C 1.7mg	2%
Calcium 70mg	7%
Iron 1.3mg	7%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!