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Serving: 1 Veg

Ingredients

- - 1 scoop of Whey Protein plain or double chocolate
- -5 gms or 1 tsp chia seeds
- -50 ml Coconut milk
- -150 gms Hung curds, full fat
- -1 gm Chocolate chips optional
- -sweetener optional

Preparation Method

- 1. In a glass jar add the hung curds
- 2. Add whey to the curds
- 3. Add the chia seeds and the coconut milk
- 4. Mix well till a smooth texture is formed
- 5. Garnish with choco chips, Chill for 3 to 4 hours.
- 6. Enjoy.