



## Protein Tub\*

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.