

Protein Chia Pudding



1 servings



45 minutes

INGREDIENTS

1/2 c milk

1 scoop protein powder

1 tsp honey

1/4 c greek yogurt

2 tbsp chia seeds

1 tsp vanilla extract

2 tsp cocoa powder

1/8 tsp salt

1/2 tsp cinnamon

DIRECTIONS

1. In a glass container, whisk together all ingredients except the chia seeds
2. Add chia seeds and mix to combine
3. Let sit for 5-10 minutes to allow the seeds to set, and then stir again
4. Refrigerate for 30 minutes (or overnight for best results)
5. Add fruit and other toppings as desired