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| ***Almond Milk Chia Pudding*** |

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| ***Full Batch Recipe*** | |
| Chia seeds | 200g / 973 Cal |
| Unsweetened Almond Milk | 600g / 120 Cal |
| Low fat yogurt | 720g / 360 cal |
| Banana ripe yellow color not green | 300g / 300 cal |
| Honey | 80g / 243 Cal |
| Maple Syrup | 80g / 208 Cal |
| Vanilla | 10g / 32 Cal |
| Total | 1990g / 2236 Cal  1.12 Cal/g |

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| **Portions** | **1P** | **2P** | **3P** |
| Chia Pudding mix | 150g / 168 Cal | 200g / 224 Cal | 250g / 280 Cal |
| Cranberry | 10 g / 30 Cal | 10 g / 30 Cal | 10 g / 30 Cal |
| ***Total*** | ***198 Cal*** | ***254 Cal*** | ***310 Cal*** |