



Strawberry Yogurt Chia Pudding

2 servings

35 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Chia Seeds
- 1/2 cup Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 3 tbsps All Natural Peanut Butter
- 1 1/3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	469
Fat	29g
Carbs	36g
Fiber	15g
Sugar	11g
Protein	25g
Cholesterol	17mg
Sodium	121mg
Potassium	521mg
Vitamin C	53mg
Calcium	601mg
Iron	5mg
Vitamin D	75IU
Folate	47µg
Vitamin B12	0µg
Magnesium	104mg
Zinc	1mg

Directions

- 1 Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes or until thickened.
- 3 When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals about one cup.

More Flavor: Add a pinch of cinnamon or vanilla.

Likes it Sweeter: Add a drizzle of honey or maple syrup.

Dairy-Free: Use plant-based yogurt instead of Greek yogurt.