

Chia+ Pudding

SERVES 1

Ingredients

Chia+ Pudding

- 2 Tbsp Chia Seeds
- 1 Tbsp Flax Meal
- 1 Tbsp Hemp Hearts
- 1 scoop protein powder
- 1/2 cup nut milk
- 1 Tbsp mixed nuts & seeds
 - I used pumpkin seeds, sunflower seeds, and chopped walnuts
- Sea Salt
- Greek Yogurt (Coconut Yogurt for Dairy-Free)



Directions

1. Add chia, flax, hemp hearts, protein powder of choice (I am using Metagenics Ultra GI Replenish), yogurt, and mixed nuts into a bowl.
2. Poor in nut milk and combine.
 - a. This step can be done the night before, OR you can do it about 20 minutes before you plan to eat!
3. Top with sea salt to enhance flavour

Health Benefits

- Chia seeds are packed with fiber and healthy fats
- Hemp Hearts are great for heart health and are full of Omega 3 and 6
- Flax is helpful in promoting regularity

Nutrition Info:

Calories: 435 | Carbs: 39 | Fats: 27 | Protein: 24 | Fibre: 18.4

*coconut yogurt

Calories: 415 | Carbs: 15.8 | Fats: 19.4 | Protein: 45.6 | Fibre: 11.4

*greek yogurt and whey isolate



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