

Vanilla Berry Protein Chia Pudding

American

A creamy vanilla chia pudding with berries and protein. Lightly sweet, filling, and ideal for breakfast or a make-ahead snack.

Ingredients:

- * 4 tablespoons Chia seeds
- * 3/4 cup Unsweetened almond milk
- * 1 scoop Vanilla protein powder
- * 1/2 teaspoon Vanilla extract (Optional but reco...)
- * 1/2 cup Mixed berries
- * 1 teaspoon Honey or maple syrup (Optional, adjust ...)



Instructions:

1. Add all ingredients to a blender.
2. Blend for 10–15 seconds until smooth and well combined.
3. Let sit for 5 minutes, then stir again to prevent clumping.
4. Cover and refrigerate for at least 4 hours or overnight.
5. Top with berries before serving.

Servings: 1 | Serving size: 1 jar | Calories: 435 | Protein: 34g