

Chocolate Chia Pudding

American

High-protein, thick chia pudding.

Ingredients:

- * 4 tablespoons Chia seeds
- * 3/4 cup Unsweetened almond milk
- * 1 scoop Chocolate protein powder
- * 1 tablespoon Unsweetened cocoa powder
- * 1 teaspoon Honey or maple syrup (Optional)
- * 1/2 teaspoon Vanilla extract (Optional)



Instructions:

1. Add all ingredients to a blender.
2. Blend for 10–15 seconds until smooth and well combined.
3. Let mixture sit for 5 minutes, then stir or shake again to prevent clumping.
4. Cover and refrigerate for at least 4 hours or overnight.
5. Stir before eating. Add a small splash of almond milk only if needed.

Notes:

For best texture, do not skip the second stir after 5 minutes. Blending improves consistency.

Servings: 1 | Serving size: 1 bowl | Calories: 415 | Protein: 34g