



Coconut Chia Protein Pudding

A tasty chia pudding that is packed with protein, antioxidants, fibre and Omega-3 which is quick and simple to make and ideal for busy athletes.

Serves: 2, Prep time: 00:10, Cook time: 00:00

Instructions

1. Mix all the ingredients together in a bowl.
2. Let sit for 10 minutes, giving it a stir every 2-3 minutes.
3. Cover and place in the fridge to firm up for 1-2 hours.
4. Remove and enjoy.

Notes: I use Yosoy coconut rice milk (gluten free) which is more like normal milk rather than coconut from a can. I also add a few dried cranberries to add a bit more texture and sweetness.

You can substitute stevia for the maple syrup if you want an low carb alternative.

Put a few blueberries or strawberries on top to add some vitamin C.

Ingredients

- 1/2 cups Chia Seeds
- 4 tablespoon Shredded coconut
- 2 1/4 cups Coconut milk (light)
- 2 teaspoon Vanilla Extract
- 4 tablespoon Maple Syrup

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