

# MATCHA CHIA PUDDING



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Serves: 2  
Prep: overnight  
Cook: 0 mins



Nutrition per  
serving:  
275 kcal  
9g Fats  
19g Carbs  
23g Protein



## WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

## WHAT YOU NEED TO DO

*Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.*

*The next morning, mix in the maple syrup, protein powder, and matcha.*

*Divide between two bowls and serve with berries.*