

Chocolate Chia Pudding

Ingredients:

- 1/3 cup chia seeds
- 2 tsp Nutella or dark cocoa almond butter
- 2 tsp peanut butter
- 1 scoop vanilla protein powder
- 1 - 5.3 oz container plain or vanilla Greek yogurt
- 1/2 tsp vanilla
- Stevia or honey to taste (optional)

Directions:

1. Put almond milk, peanut butter and Nutella in a bowl and microwave for one minute. Stir. Add the rest of the ingredients and stir.
2. Put in the fridge a few hours until it sets. Serve with sliced bananas and berries on top.

Yield: 5 servings



(continued)

Nutrition Facts: (per ½ cup serving)

Calories: 135

Fat: 7 g

Sodium: 145 mg

Total Carbohydrates: 10.5 g

Dietary Fiber: 10.5 g

Protein 11 g

Source: *yummly.com*



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