

RiKKE Chia Pudding (Omega 3, Protein, Fiber and Yummy)

Servings: 6 large Preparation time: 10min

Difficulty: Easy (2/5)

Source: RIKKE

Ingredients:

250 g chia seeds

100 g protein/collagen of your choice (I like it to equal approx 15 g of added protein per serving)

75 g allulose (healthy and tasty sugar replacement - optional)

1 teaspoon dry vanilla beans (tahitian vanilla bean, optional)

100 g Walnut pieces (optional)

1.2 L milk (I like a mix of almond and cashew/coconut) favorite low ingredient brand: Elmhurst

Preparation:

Mix it all the dry ingredients together evenly and then add the milk so you don't get chia congeal clumps. Stir intermittently.

When it doesn't separate, ladle into glass containers and put in the refrigerator. 4-5 hours and it is perfect. Top with berries, fruit or topping of your choice.

