

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

Servings: 6 large Preparation time: 10min

Difficulty: Foolproof (1/5)

Source: RiKKE

Annotation: so darn good

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 all the dry ingredients evenly, then add the milk to avoid chia congealed clumps. Stir intermittently. When it doesn't separate, ladle it into glass containers and put it in the refrigerator. 4-5 hours, and it is perfect. Top with berries, fruit, or any topping of your choice.

