



Chocolate Cherry Chia Pudding

2 servings

30 minutes

Ingredients

1/4 cup Chia Seeds
1 cup Plain Coconut Milk
(unsweetened, from the carton)
1/4 cup Chocolate Protein Powder
3/4 cup Cherries (pitted)
1 tbsp Unsweetened Shredded
Coconut

Directions

- 1 In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Nutrition

Amount per serving	
Calories	249
Fat	12g
Carbs	24g
Fiber	10g
Sugar	11g
Protein	14g
Cholesterol	2mg
Sodium	41mg
Vitamin A	287IU
Vitamin C	4mg
Calcium	443mg
Iron	2mg
Vitamin D	50IU
Folate	6µg
Magnesium	30mg