



// PROTEIN CHIA PUDDING RECIPE

ingredients for 1-2 servings:

- 1 cup unsweetened vanilla almond milk
- 1/4 cup chia seeds
- 1 heaping tablespoon almond butter
- 1 scoop of your favorite flavor [Shakeology](#) (mine is vegan chocolate)
- 1 scoop of collagen peptides (optional)
- toppings of choice (optional)

1. over medium heat whisk all ingredients in a sauce pan.
2. continue stirring/whisking until the pudding starts to boil.
3. remove from heat, pour into a bowl and serve. top with your favorite healthy toppings like sliced banana, slivered almonds, a dash of cinnamon, coconut shavings, apple slices, a swirl of almond or peanut butter, strawberries, blueberries...the sky's the limit. ENJOY!

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<http://www.mamahall.com/2017/01/super-breakfast-protein-chia-pudding.html>