

## CHIA PUDDING

# STRAWBERRIES & CREAM

### INGREDIENTS:

- 1 Cup Milk or Milk Alternative
- 2 tbsp Chia Seeds
- 2 tsp Maple Syrup or Honey
- 1/2 tsp Vanilla Extract
- 1/2 Cup Strawberries, Finely Chopped (Fresh/Frozen)
- 1 Scoop Bioteen Strawberry or Unflavoured Whey Protein or Plant Protein

### METHOD:

Place all ingredients in a jar and stir. Allow to sit for 5 minutes, give another stir and refrigerate for 1-2 hours or overnight.

Decorate with berries. Store refrigerated for up to 2 days.

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