

CHIA PUDDING

VANILLA

INGREDIENTS:

- 1 Cup Milk or Milk Alternative
- 3 tbsp Chia Seeds
- 1 tbsp Maple Syrup
- 1 Scoop Bioteen Vanilla Whey Protein or Plant Protein

METHOD:

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

Decorate with your favourite Toppings. Store refrigerated for up to 4 days.

bioteen™

