

CHIA PUDDING

PEANUT BUTTER AND JELLY

INGREDIENTS:

- 1/2 Cup Milk or Milk Alternative
- 2 tbsp Chia Seeds
- 2 tsp Maple Syrup or Honey
- 1/2 tsp Vanilla Extract
- 2 tbsp Your Favourite Nut Butter or Seed Butter
- 1/4 Cup Strawberry Jam
- 1 Scoop Bioteen Vanilla or Unflavoured 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.

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