

CHIA PUDDING

BLUEBERRY

INGREDIENTS:

- 1/2 Cup Milk or Milk Alternative
- 2 tbsp Chia Seeds
- 2 tsp Maple Syrup or Honey
- 1/2 Cup Blueberries (Fresh or Frozen)
- 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.

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