

**CHIA SEEDS PUDDING WITH FRUIT**

🕒 10 minutes

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🍴 1 portion

**INGREDIENTS**

- 15 grams of chia seeds [1 tablespoon]
- 245 grams of plain yogurt [1 cup] **or** 1 cup of SILK Unsweetened, soymilk [243 g]
- 1 cup of strawberries **or** 1 cup of blueberries, raw [148 g]

**COOKING METHOD**

- 1° Place half of strawberries in a food processor and puree until smooth. Another half keep for topping. Place chia seeds in a bowl or Maison jar, add in yogurt or soy beverage and pureed strawberries and mix chia seeds until smooth and not clumped. Add topping-remaining fresh strawberries. Cover and refrigerate for at least 1 hour and up to overnight.
- 2° You can vary the recipe with different fruits as well as spices, it goes well with cinnamon and vanilla

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (405 g)	% DRI
ENERGY	66 kcal	268 kcal	13 %
FAT	2 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	3 mg	12 mg	4 %
SODIUM	22 mg	88 mg	4 %
CARBOHYDRATE	7 g	29 g	10 %
SUGARS	4 g	16 g	—
FIBER	2 g	9 g	35 %
PROTEIN	5 g	19 g	—