

CHOCOLATE BLUEBERRY BREAKFAST PUDDING

Serves 1



INGREDIENTS

- 1/2 c. unsweetened almond milk (118 ml)
- 3/4 c. plain nonfat Greek yogurt (191 g.)
- 30 g. protein powder, flavor of choice
- 2 tsps. chia seeds (9 g.)
- 3 1/2 oz. blueberries, fresh or frozen (99 g.)
- 1 Tbsp. chocolate chips (15 g.)

DIRECTIONS

- 1** In a large mason jar or any container with an airtight lid, combine the milk, yogurt, protein powder and chia seeds. Stir until well combined.
- 2** Securely put on the lid and refrigerate overnight.
- 3** When you are ready to eat, mix in the blueberries and chocolate chips.

FACTS

Prep time: 10 min.

Chill time: overnight

Total time: overnight + 10 min

MFP: "FFC Chocolate Blueberry Breakfast Pudding"

1 serving: 1 container (about 462 g.)

359 Calories

43P | 9F | 30C