

Coconut Yogurt Chia Pudding

1 SERVING 30 MINUTES



INGREDIENTS

1/2 cup Unsweetened Coconut Yogurt
3 tbsps Chia Seeds
1/4 cup Unsweetened Almond Milk
1/2 cup Frozen Strawberries
1 1/2 tbsps Almond Butter

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	425	Carbs	36g
Fat	29g	Protein	12g