



MATCHA CHIA PUDDING

www.studio35.nz

MATCHA CHIA PUDDING



Serves: 2
Prep: overnight
Cook: 0 mins



Nutrition per
serving:
275 kcal
9g Fats
19g Carbs
23g Protein



WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp. (40g) unflavoured or vanilla protein isolate
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.