STRAWBERRY CHIA PUDDING

SERVING SIZE ½ cup

YIELD 4 servings

METHOD Whisk

½ cup	Chia seeds
½ cup	Greek non-fat plain yogurt
1 tsp	Vanilla extract, pure
1 tbsp	Honey
16 fl oz	Milk of choice (dairy or plant-based), low-fat and no added sugar
12 oz	Strawberries, sliced, fresh or frozen, thawed
½ cup	Granola, low sugar preferably

1. Whisk together chia seeds, yogurt, vanilla and honey in a bowl.
2. Slowly pour in milk, whisking constantly for about 1 minute until there are no clumps.
3. Cover and refrigerate pudding for about 4 hours up to overnight.
4. Assemble pudding into separate serving bowls or ½ pint mason jars:
   - ¼ cup strawberry slices
   - ½ cup pudding
   - ¼ cup strawberry slices
   - 2 Tbsp granola (add when ready to eat pudding)

PER SERVING: 280 calories | 10 GM total fat
1.5 GM saturated fat | 0 GM trans fat
0 MG cholesterol | 80 MG sodium | 37 GM carbohydrates
12 GM fiber | 15 GM total sugars | 12 GM protein

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ELIOR NORTH AMERICA



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