

# Easy Chia Pudding



SERVES 1

2 cups of your milk of choice

6 tablespoons of chia seeds

1 scoop of protein powder

½ cup fruit

Maple syrup or honey (optional)

Mix protein powder, milk and chia thoroughly, cover and refrigerate overnight. The next morning serve it with whatever fruit you like with some maple syrup or honey.

Reference: <https://www.sdlmethod.com/recipes;>

