

Matcha Chia Pudding

Serves 2

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

What you need to do

1. Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.
2. The next morning, mix in the maple syrup, protein powder, and matcha.
3. Divide between two bowls and serve with berries.



GF	DF	LC	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	0 mins	275	9	19	23

*Nutrition per serving

