

Chia Pudding



SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 - 14 oz can coconut milk
- 2 scoops vanilla or chocolate Garden of Life WHEY protein
- 1/4 cup chia seeds

DIRECTIONS

1. Shake well in a blender bottle or mix in a bowl and refrigerate for at least a couple of hours. Top with berries if desired. Enjoy!