

Matcha chia pudding

SERVES: 1 TIME: 3 TO 4 HRS

This creamy matcha chia pudding is full of fiber and healthy fats to keep you satisfied all morning!

Ingredients

2 Tbsp chia seeds
1 scoop collagen peptides
½ cup almond milk, unsweetened, vanilla
¼ cup yogurt, greek, plain, whole
1 tsp matcha powder
½ Tbsp maple syrup
¼ tsp vanilla extract
1 tsp almond butter
½ banana, sliced
2 figs, sliced

Instructions

1. In a tupperware container or small jar, add chia seeds, collagen peptides, yogurt, almond milk, maple syrup, and vanilla; whisk or stir well to combine.
2. In a small bowl, add matcha powder. Add a little hot water; whisk until smooth (this prevents the matcha powder from clumping when mixed into the chia pudding).
3. Add the matcha mixture to the chia seed mixture; stir. Place it in the fridge and let it sit overnight, or at least 2-3 hours. Top with almond butter, bananas, and fig.

NOTES:

Toppings can be added prior to refrigeration for a grab-and-go meal.
Use DF yogurt to make DF. Use marine collagen to make P.