



CHIA SEEDS PUDDING WITH STRAWBERRIES

 10 minutes 10 minutes 1 portion

INGREDIENTS

- 15 grams of chia seeds [1 tablespoon]
- 245 grams of plain yogurt [1 cup]
- 1 cup of strawberries

COOKING METHOD

¹⁰ Place half of strawberries in a food processor and puree until smooth. Another half keep for topping. Place chia seeds in a bowl or Maison jar, add in yogurt and pureed strawberries and mix chia seeds until smooth and not clumped. Add topping-remaining fresh strawberries. Cover and refrigerate for at least 1 hour and up to overnight.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (404 g)	% DRI
ENERGY	74 kcal	298 kcal	15 %
FAT	2 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	18 %
CHOLESTEROL	6 mg	25 mg	8 %
SODIUM	22 mg	87 mg	4 %
CARBOHYDRATE	7 g	27 g	9 %
SUGARS	4 g	16 g	-
FIBER	2 g	8 g	32 %
PROTEIN	7 g	28 g	-