

# Mixed Berry Protein Chia Pudding

🕒 Prep: 5 minutes Total: 5 minutes

👤 Servings: 4-5 servings

1x

2x

3x

## INGREDIENTS

- 1 can full-fat coconut milk
- 1/2 can water or dairy-free milk of choice
- 1 cup frozen berries of choice
- 3 scoops Primal Kitchen Collagen Peptides, unflavored
- 2-3 tsp. lemon juice (optional)
- 1 tsp. vanilla extract
- 1/3 cup chia seeds

## INSTRUCTIONS

1. In a blender or food processor combine coconut milk, additional liquid, frozen berries, collagen, optional lemon juice and vanilla extract. Blend until smooth.
2. Add the chia seeds to the blender and blend on the lowest setting just to mix in.
3. Transfer contents of the blender to a container or containers if pre-portioning (or leave in the blender) and place in the fridge overnight or for at least 4 hours to thicken.
4. Serve with toppings of your choice.

## NUTRITION INFORMATION

Serving Size: 1/5 of recipe    Calories: 270    Fat: 19 g (Sat Fat: 14 g)    Sodium: 50 mg  
Carbohydrate: 10 g (Fiber: 6 g    Sugar: 4 g)    Protein: 10 g

## DIETARY

Dairy-Free   Egg-Free   Gluten-free   Grain-Free   Nut-free   Paleo   Vegan   Vegetarian

© The Real Food Dietitians    Recipe By: Stacie Hassing

Find it online: <https://therealfooddietitians.com/mixed-berry-protein-chia-pudding/>

DO NOT SELL OR SHARE MY PERSONAL INFORMATION