

peanut butter chia pudding

Serves 1

PREP TIME: 5 minutes

INACTIVE TIME: 3 hours

- 1 Tbsp chia seeds
 - 2 Tbsp unsweetened powdered nut butter
(I used PB2 Pure)
 - 1 Tbsp dried fruit (I used dried Goji berries)
 - ¼ tsp cinnamon (optional)
 - ½ cup milk of choice (I used [Elmhurst](#) cashew milk)
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NOTES

- Make several containers at once to keep healthy treats on hand for up to a week.
- To make a larger batch, use 6 Tbsp (¾ cup) chia seeds, ½ cup nut butter powder, 6 Tbsp dried fruit, 1 ½ tsp cinnamon and 3 cups milk which will make about 4 cups of chia pudding.
- Consider topping with plain Greek yogurt and/or adding a scoop of protein powder (along with additional milk) if you are eating this for breakfast.

MEASURE out all dry ingredients into a glass container with a lid.

ADD milk and stir well. Make sure all dry ingredients mix with the milk.

COVER container and refrigerate for 3-6 hours or overnight.

