



Lemon Raspberry Chia Pudding

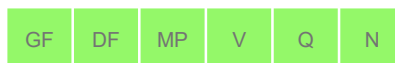
Serves 2

2 cups (470ml) unsweetened
almond milk
½ cup (85g) chia seeds
½ lemon, zest & juice
½ tsp. vanilla extract
1 cup (65g) raspberries, fresh
or frozen
1 tbsp. honey

What you need to do

Combine all ingredients in a large, sealable container. Make sure all chia seeds are mixed in well.

Let sit overnight or for at least eight hours. Serve cold with toppings of choice.



Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	8 hrs	339	19	39	10

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