INGREDIENTS:
- 1 cup low-fat milk
- 4 tbsp chia seeds
- 2 level scoops NUTRILITE Soy Protein Powder Mixed - Green Tea Flavor

PREPARATION METHOD:
2. Pour chia seeds into the mixture and stir well.
3. Chia seeds will begin to gel.
4. Chill in refrigerator for two hours or overnight. Layer with healthy nuts or berries and enjoy!

Nutrition fact per serving

<table>
<thead>
<tr>
<th>Nutrition fact per serving</th>
<th>Calories</th>
<th>Carbohydrate</th>
<th>Protein</th>
<th>Fat</th>
<th>Calcium</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>198.1 kcal</td>
<td>20.1 g</td>
<td>11.3 g</td>
<td>8.7 g</td>
<td>400.3 mg</td>
</tr>
</tbody>
</table>

RECOMMENDED FOR HEALTHY AGING GROUP