Matcha Chia Seed Pudding

SERVING: 2

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

PREPARATION METHOD:
1. Blend low-fat milk with NUTRILITE Protein Drink Mixed (Green Tea Flavor).
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></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