

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				
Calories	Carbohydrate	Protein	Fat	Calcium
198.1 kcal	20.1 g	11.3 g	8.7 g	400.3 mg



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