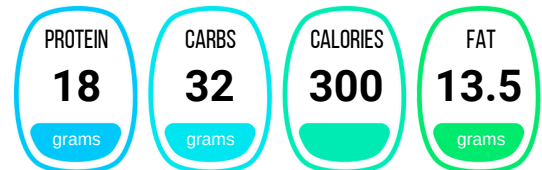
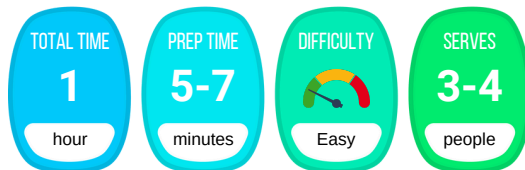


MANGO CHIA SEED PUDDING

COURTESY OF FIT



A three-step Chia Seed Pudding recipe that tastes amazing and is beneficial for your health in all kinds of ways! It's packed with protein, omega-3, and fiber. Mix it together and throw it in the fridge for an hour or overnight for a perfect healthy snack.

INGREDIENTS

- ½ Cup of Whole Chia Seeds
- 1 Cup of Fage Greek Yogurt
- 1.5 Cups of Milk (Dairy or Non Dairy)
- 2 tsp of Vanilla Extract
- 1 tbsp of Maple Syrup
- 2 Cups of Mango

Optional Add-Ins:

- 3 Tbsp Hemp Seeds for added protein & fiber!
- Sprinkle of coconut flakes
- Coconut Cashew Granola

*Use a vanilla protein shake to add in an additional 20-30 grams of protein!

INSTRUCTIONS

1. Mix together the chia seeds, yogurt, choice of milk, vanilla extract, and maple syrup until well combined and there are no lumps.
2. To prepare the mango, add 1.5 cups to a blender and combine with a tbsp of milk and purée, chop up the rest of the mango into chunks
3. Layer the chia pudding and purée as you wish and top with mango, hemp seeds, granola, or coconut flakes!

ENJOY!