



MATCHA CHIA PUDDING WITH COCONUT YOGURT, BERRIES AND PROTEIN POWDER

Soak the chia
seeds first Add
the toppings and
mix well
Enjoy!

INGREDIENTS

- 1/2 CUP UNSWEETENED COCONUT YOGURT
- 4-6 TB CHIA SOAKED IN WATER (LEAVE IN THE FRIDGE FOR AT LEAST 40 MIN)
- 1-2 SCOOPS PLANT PROTEIN
- 1/2 CUP FRESH BLUEBERRIES
- 1 TS MATCHA POWDER
- 2 TBS PUMPKIN SEEDS
- 1 TS MACA POWDER (OPT)
- VANILLA EXTRACT
- CINNAMON TO TASTE

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