

## CHIA PUDDING

# VANILLA

### INGREDIENTS:

- 1 Cup Milk or Milk Alternative
- 3 tbsp Chia Seeds
- 1 tbsp Maple Syrup
- 1 Scoop Bioteen Vanilla Whey Protein or Plant Protein

### METHOD:

Place all ingredients in a jar and stir. Allow to sit for 5 minutes, give it another stir and refrigerate for 1-2 hours or overnight.

Decorate with your favourite Toppings. Store refrigerated for up to 4 days.

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