

Simple Chia Pudding with Yogurt

Prep Time 5 mins
 Total Time 4 hrs
 Meal Type Breakfast,Snack,Side
 Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 2



Ingredients

lb,c g,ml

- 1 cups oat milk, unsweetened
- 1 tsp vanilla extract
- 1 Tbs maple syrup (or other sweetener)
- 1/2 cups Greek yogurt, Plain, low-fat (or plant-based yogurt)
- 1/4 cups chia seeds
- 1/2 cups blueberries

Directions

Make

1. Add all ingredients, except berries, to a mason jar with a tight-fitting lid. Shake vigorously to combine.
2. Let sit for 10 minutes then shake again [this prevents chia seed from settling to bottom].
3. Place in refrigerator overnight or for at least 4 hours.
4. Top with berries and serve.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	261	Total Fat 9.0g	13%	Total Carbohydrates 33g	10%
		Saturated Fat 1.6g	7%	Dietary Fiber 10g	40%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 8mg	2%	Protein 12g	
		Sodium 72mg	3%		
Vitamin D 2mcg 18% · Calcium 964mg 96% · Iron 2mg 12% · Potassium 345mg 7%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -