

# Basic Chia Pudding

Yields: 1 pudding  
Serving size: 1 pudding



## Ingredients

- ¾ cup 2% milk
- 2-3 Tbsp chia seeds
- 2 tsp maple syrup or honey (to taste)

Recipe link:

<https://www.apexnutritionllc.com/fuelrightblog/2016/05/10/tuesdays-healthy-fuel-recipe-high-protein-chia-pudding/>

## Additional ingredients:

*Vanilla Chia Pudding: Add 1 tsp real vanilla.*

*Chocolate Chia Pudding: Add 1 Tbsp raw cocoa & 1 tsp real vanilla  
(Optional: 1/8 tsp mint)*

## Directions

- Place all ingredients in a jar. Shake very well.
- Allow to set in the fridge 4+ hours or overnight.

## Serving Options

- For a snack: eat as written.
- For a meal: Double or add other foods to round out the meal.
- For pre-training: Try to consume it at least 90 minutes before training
- For recovery: add 1 scoop favorite protein powder/skim milk powder and an additional 2 tsp maple syrup or honey

## Nutritional information

- With 2% Dairy Milk: 180-200 kcal, 25 g carbs, 16 g protein, 8 g fiber
- As directed for recovery: 340-360 kcal, 25 g carbs, 30-36 g protein, 8 g fiber

# High Protein Berry Chia Pudding

Yields: 2 puddings  
Serving size: 1 pudding



## Ingredients

- 3 scoops skim milk powder (or protein powder)
- 300 ml milk (or dairy alternative for this recipe)
- 4 tbsp chia seeds
- ½ cup low fat Greek yogurt
- 1 tsp honey
- ½ tsp cinnamon
- ½ cup frozen blueberries
- 1 Granny Smith apple
- ¼ cup pumpkin seeds



## Directions

- Put skim milk/ protein powder and milk into a shaker and shake until all powder is dissolved.
- In a jar, mix together the protein mixture and chia seeds. Set aside for 15 minutes for chia to soak up the liquid, stirring every 5 minutes.
- Once soaked, top chia pudding with Greek yogurt, honey, cinnamon, fruit, and pumpkin seeds.
- Eat immediately or keep in the fridge overnight for breakfast on the go.

## Tips!

- *To save time, double the recipe and keep in a large jar to use over several days – just add yogurt, fruit, and pumpkin seeds each day.*
- *Athletes with high energy requirements can get an extra boost by substituting milk in place of water for an additional 10 grams of protein per serving.*

# Chocolate tofu and chia pudding

Yields: 1 pudding  
Serving size: 1 pudding



## Ingredients

- 1 cup silken tofu
- 1/2 tablet of dark chocolate
- 1 tbsp maple syrup
- 2 tbsp of chia seeds
- 2 tbsp of skim milk powder
- 1/2 cup 2% milk



## Directions

### Chia pudding layer

- Mix together the chia seeds, milk, maple syrup and vanilla in a mason jar
- Put the lid on and shake the mixture to combine everything. Let it sit for 5 minutes, and give it another stir/shake to break up any chia seed clumps.
- Cover it and leave it in the fridge to "set-up" for 1-2 hours.

### Chocolate tofu pudding layer

- Melt the chocolate in the microwave in 30 second intervals, stirring each time, until the chocolate is liquid. Set aside to cool at room temperature.
- Meanwhile, place the silken tofu with 2 tbsp of skim milk powder in a food processor and blend until very smooth. Add the melted chocolate and blend it together.

**Scoop the mixture into 3 glasses, and refrigerate for 30 minutes.**

*To serve, garnish with chocolate shavings, raspberries and blackberries.*

*Leftovers may remain in the fridge for up to 3-4 days*