



Chia pudding

Total: 130 min · Prep: 43 min · Cook: 87 min · 1 servings · Easy · Snacks

Vegetarian

Gluten-Free

INGREDIENTS

180 g Thick lactose-free yogurt

5 g Chia seeds

50 g Mango

INSTRUCTIONS

- 1 Soak chia seeds in yogurt for 60 minutes for the best taste, as the seeds will 'open up'. If short on time, 5 min is enough, but the texture will be different.
- 2 While chia soaks, peel the mango and blend until smooth.
- 3 Layer in a dessert glass: first mango, then chia with yogurt, and finish with more yogurt.
- 4 Optionally, garnish the dessert with mango pieces or chia seeds.

Nutrition per serving: 160 kcal · Protein **11.0 g** · Fat **6.0 g** · Carbs **16.0 g** · Fiber **2.5 g**