

CAFE LATTE CHIA PUDDING

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If you haven't given chia pudding a try yet, you are missing out on a delicious breakfast or snack that tastes like dessert and takes just minutes to make. It also happens to be packed with protein, fiber, and antioxidants.

CONTAINER EQUIVALENTS

$\frac{1}{2}$ Yellow ☐

$\frac{1}{2}$ Orange ☐

$\frac{1}{2}$ tsp. ☐

INGREDIENTS

- 3 cups unsweetened almond milk
- $1\frac{1}{2}$ scoops Café Latte Shakeology
- 1 Tbsp. raw honey
- 6 Tbsp. chia seeds

INSTRUCTIONS

1. Place almond milk, Shakeology, and honey in a blender; cover. Blend until smooth.
2. Pour almond milk mixture into a medium bowl. Add chia seeds; mix well.
3. Evenly divide the pudding into six small serving bowls. Cover; refrigerate for at least 4 hours (or overnight).

ENJOY!