



TrueSelf TotalHealth life, in balance.

Blueberry Protein Chia Seed Pudding
Makes two servings

1 cup homemade almond milk *

4 tablespoons of your favorite vanilla protein powder (I prefer Sunwarrior)

¼ to ½ cup organic blueberries

2 tablespoons organic chia seeds (preferably soaked for at least 4 hours)

Place all ingredients in a 16-ounce mason jar, seal it tightly and shake it vigorously until everything is well combined.

Options:

Add a little cinnamon

Note:

If you have high blood sugar, make the almond milk without dates or raisins. Use stevia if you need to sweeten the milk.

*Link to almond milk recipe

<http://simplylivingraw.com/recipes/>