



Chocolate Chia Pudding

Recipe makes:

6 portions

Preparation time:

10 minutes

Chilling time:

4 hours (minimum)

Nutritional Information

1 Portion

Energy	180kcal
Carbohydrates of which sugars	1.8g 0.65g
Protein	19g
Fat	10.8g

Ingredients:

- 1440ml unsweetened almond milk
- 65g unflavoured and unsweetened whey protein (Fitness Labs)
- 1 tbsp unsweetened cocoa powder
- ½ tsp erythritol (or other suitable artificial sweetener that is equivalent to ½ tsp sugar)
- 120g chia seeds

Method:

1. In a blender combine almond milk, whey protein powder, cocoa powder and sweetener, and blend until smooth.
2. Mix in the chia seeds.
3. Divide the mixture between 6 tumblers or dessert bowls and cover each portion with cling film.
4. Refrigerate for at least 4 hours (or overnight), mixing once after 2 hours to get an even consistency.

Chef's Tip:

- Add 1 tbsp instant coffee at step 1 for a mocha flavoured pudding.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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