

Banana Walnut Chia Pudding

Ingredients

- ½ cup unsweetened vanilla almond milk
- 1 packet of artificial sweetener
- 2 tablespoons chia seeds
- ½ sliced banana
- 1 Tablespoon walnuts
- Honey to taste

Directions:

1. Mix milk, sweetener and chia seeds in a small bowl, cover and refrigerate for at least 8 hour.
2. Top with banana, walnuts, and honey, enjoy!

Food Facts

- 2 tablespoons of chia seeds have 10 g of fiber, and 4.5 grams of protein!
- Any milk will work for this recipe - almond, soy, or dairy!

