



# VANILLA CHIA PUDDING/BREAKFAST

## INGREDIENTS

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12oz water

60g Keto Vanilla shake

1 teaspoon cinnamon

1/4 cup chia seeds (approx 28g)

1/3 cup unsweetened shredded coconut (approx. 28g)

## INSTRUCTIONS

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Blend 12oz of water with 60g Keto Vanilla shake

Add 1 teaspoon cinnamon, 1/4 cup chia seeds (approx. 40g), 1/3 cup unsweetened shredded coconut (approx. 28g). Mix with a fork (remix a couple of times as they set).

Divide into two small mason jars or water glasses and leave to bloom overnight - or at least for an hour.

Special note: we don't recommend blitzing this in a blender once you've added the chia seeds in - the seeds will still set, but the pudding will taste quite bitter.

### Nutrition Facts

Servings 2.0

Amount Per Serving

calories 354

% Daily Value \*

Total Fat 29 g 44 %

Saturated Fat 21 g 106 %

Monounsaturated Fat 0 g

Polyunsaturated Fat 5 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 229 mg 10 %

Potassium 86 mg 2 %

Total Carbohydrate 16 g 5 %

Dietary Fiber 13 g 51 %

Sugars 1 g

Protein 12 g 24 %

Vitamin A 0 %

Vitamin C 1 %

Calcium 17 %

Iron 17 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.