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## Chia Greek Yogurt Pudding

**Prep Time: 5 min + overnight chill**

**Ingredients (serves 2):**

- 1 cup Greek yogurt
- 1/2 cup almond milk
- 3 tbsp chia seeds
- 1 tbsp maple syrup or stevia
- Toppings: berries or crushed nuts

**Procedure:**

1. Combine yogurt, milk, chia seeds, and sweetener.
2. Refrigerate overnight.
3. Stir and top before serving.

**Nutrition: ~140 kcal • Protein 10 g • Fiber 6 g • Fat 5 g**

**Benefits:**

- Fiber and omega-3s
- Great for digestion