

Chia pudding

Ingredients

- 250g Greek yoghurt (Total or Skyr – as these have the highest protein content – see below)
- 100ml milk
- 2 tbsp. chia seeds
- 1 banana, mashed
- Half a punnet of fresh blueberries/strawberries/raspberries or ½ bag of frozen raspberries (can cook this up into a compote)
- 1 tsp. Meridian Almond



Method

1. Mix the Greek yoghurt, milk and chia seeds in a bowl, then cover and leave in the fridge overnight
2. When you are ready to eat it, mash the banana and add the nut butter, and stir through the Greek yoghurt mix.
3. Either add some fresh blueberries/strawberries or defrosted frozen raspberries and make a compote as below

Fruit compote: In a pan, on a very low heat, put the frozen raspberries and add a tsp of agave nectar or honey and gently heat through until the raspberries are soft. Spoon the raspberries over the top of the Greek yoghurt mix and serve



Brand	Protein per 100g
Total Greek yoghurt – full fat	9g
Total Greek yoghurt – 2% fat	9.9g
Total Greek yoghurt – 0% fat	10.3g
Skyr Greek yoghurt	11g
Rachels Greek yoghurt	3.6g
Yeo Valley Greek yoghurt	4.5g
Waitrose Greek yoghurt	7g