



Greek Yogurt Cranberry Chia Pudding



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 palm-sized spoonfuls of Greek Yogurt 0%
- 2 tbsp Chia Seeds
- A small handful Unsweetened Dried Cranberries
- A drizzle of Maple Syrup (optional)

DIRECTIONS

1. In a small bowl, mix the Greek yogurt, chia seeds, and half the dried cranberries. Cover and refrigerate overnight.
2. Top the Greek yogurt cranberry chia pudding with the remaining dried cranberries before serving.

AVERAGE NUTRITION INFO

Energy : 1414 kJ / 338 Cal

Fat : 9 g

Carbs : 41 g

Protein : 26 g

Fibre : 10 g

Sugar : 17 g

@Coachjenbrockwell

Jenbrockwell.com