

40G PROTEIN BREAKFAST POTS

A healthy recipe by THE HEALTH BOOST



INGREDIENTS MAKES 2 PORTIONS

- 200g thick full fat Greek yoghurt (check that protein is 9g per 100g minimum)
- 250ml milk of choice
- 4 tbsp chia seeds
- 50g protein powder of choice
- 1 tsp maple syrup (optional)
- 1 tbsp cacao powder
- 1 tsp vanilla extract

Toppings: Cacao nibs, sliced banana, pecan nuts, pumpkin seeds etc...

METHOD PREP TIME 5MINS SETTING TIME: 1HR MIN

1. In a bowl, whisk together the chia seeds, cacao powder, milk and maple syrup and set aside. Keep whisking every 10 minutes for 30 minutes or until mixture has thickened.
2. In another bowl, mix yoghurt, protein powder and vanilla extract.
3. To make the pots, add a layer of the chia pudding first and then top with the yoghurt mixture.
4. Top with your choice of fruits, nuts and seeds.
5. Secure the lid on.
6. Store in the fridge overnight.

Keeps in the fridge for 2-3 days.



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