

Pumpkin Pie Chia Pudding



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 tbsp [56 g] Chia Seeds
- 0.5 cup [125 g] Pumpkin Puree
- 2.5 scoop Shaklee Life Shake - Vanilla
- 1.25 cup [282.5 g] Light Coconut Milk
- 0.5 cup [120 g] Fat Free Greek Yogurt
- 1 tsp [1.7 g] Pumpkin Pie Spice

DIRECTIONS

1. Mix chia seeds, coconut milk, pumpkin puree and Life Shake in bowl. Refrigerate for a few hours
2. mix 1/2 cup greek yogurt with 1/2 scoop Life Shake - mix well - set aside
3. In two containers, separate the refrigerated chia seed mixture and top with a dollop of Greek yogurt/Life Shake Mixture

NUTRITION INFO

Calories : 359.75

Fat : 23.79 g

Carbs : 28.95 g

Protein : 21.95 g

Fiber : 15.65 g

Sugar : 8.6 g