

Raspberry Chia Matcha Pudding



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 tbsp [56 g] Chia Seeds
- 2 tsp [4 g] Matcha Tea Powder
- 2.5 scoop Shaklee Life Shake - Vanilla
- 1.25 cup [282.5 g] Light Coconut Milk
- 1.5 cup [184.5 g] Red Raspberries (*frozen*)
- 0.5 cup [120 g] Fat Free Greek Yogurt

DIRECTIONS

1. Mix 2 tsp of matcha with 4tbs hot water and whisk. Set aside. Mix chia seeds, coconut milk, matcha and Life Shake in bowl. Refrigerate for a few hours
2. Add raspberries and a little water to pan over medium heat and cook until the raspberries are a jam-like texture. Set aside
3. mix 1/2 cup greek yogurt with 1/2 scoop Life Shake - mix well - set aside
4. in two containers, layer the refrigerated chia seed mixture, then the raspberries, then a dollop of greek yogurt

NUTRITION INFO

Calories : 381

Fat : 23.19 g

Carbs : 35.42 g

Protein : 22.33 g

Fiber : 20.75 g

Sugar : 10.6 g