

INGREDIENTS

- 1 cup Whole Milk
- 1/4 cup Chia Seed
- 1 serving TM Chocolate Collagen Protein
- 1 tablespoon Honey

NUTRITION INFORMATION PER SERVING

Protein 39g	Sodium 105mg
Total Fat 27g	Saturated Fat 7.6g
Carbs 52g	Fruits 0 servings
Calories 583kcal	Vegetables 0 servings
Fiber 16g	Added Sugar 17g

Chocolate Collagen Chia Pudding

🕒 15 MINS PREP | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Combine all ingredients and mix gently. Pour into an 8 or 16-ounce Mason jar and shake vigorously. Wait 5 minutes and shake again. Then store in refrigerator for at least 4 hours.
2. After 4 hours, top with nuts, coconut, or berries and serve cold.
3. Can be stored in refrigerator for up to 5 days.
4. Honey is optional, so you are welcome to cut this out entirely if it's too sweet for your taste.

