

Raspberry Chia Pudding

Makes: Servings 4

Ingredients

1 cup frozen Raspberries
6 Tbsp Chia seeds
2 tsp Vanilla essence
2 Tbsp Xylitol
2½ cups Almond Milk (or milk of choice)



Instructions

Place all the ingredients into a blend and blend for 2 minutes until smooth (Some Chia seed may get stuck on the side of the blender just scrap into the mix).

Pour the blended mix into a bowl and place in the fridge overnight to set.

Nutrition information:

Each Serving:

Kcal	88
Fat	3.6g
Net Carbs	7.2g
Protein	2.7g