

LEMON BLUEBERRY CHIA PUDDING

Serves 2

INGREDIENTS

- 1 cup favorite milk
- 3 Tbls chia seeds
- 1 tsp. vanilla
- 1 Tbls. lemon juice
- 1 cup blueberries, divided
- ½ banana
- 1 Tbls. lemon zest
- Topping Ideas: yogurt, ricotta, cottage cheese, keto granola, nuts, coconut flakes

INSTRUCTIONS

1. Blend together ½ cup blueberries, banana, milk, lemon juice & vanilla in a blender until smooth.
2. Pour into a jar and add chia seeds, stirring every couple of minutes until evenly dispersed and starting to thicken.
3. Cover and chill at least 2 hours or overnight. Serve with desired toppings, lemon zest and remaining berries.



NOTES

- 1 Tbls. favorite low glycemic sweetener can be added if more sweetness is needed.
- To turn this into more of an oatmeal, add ½ cup more milk and ½ cup oats to the mixture.

NUTRITION

Per serving: 300 kcal; 25g carb; 10g protein; 7g fat; 8g fiber