

Matcha

CHIA PUDDING

**This recipe by Teresa Cutter is sourced from [The Healthy Chef](#).*

Ingredients:

Serves 1

- 3 tablespoons (40 g / 1/2 oz) white chia seeds
- 1 teaspoon Healthy Chef Matcha
- 1 tablespoon Healthy Chef Protein
- 250 ml (1 cup / 8 fl oz) plant based milk
- 1 small banana, smashed (optional)

Methods:

1. Combine the chia seeds, matcha, protein, milk and banana (if using) into a bowl or jar and mix well.
2. Rest for 15 minutes then give it a good stir to distribute the chia, matcha and protein throughout the milk as it thickens.
3. Cover the bowl and refrigerate for at least 1 hour or overnight is best.
4. Serve with a dollop of coconut yogurt or Greek yogurt and enjoy.

NOTES AND INSPIRATION

1. Top with sliced kiwi fruit for a boost of prebiotics and gut health benefits.