



BOUNTY PUDDING

INGREDIENTS

- 180ml **coconut milk**
- 2 tbsp **chia seeds**
- 1 scoop **chocolate protein powder**
- 1 tbsp **cacao powder**
- 1 tsp **honey**
- 1 tsp **desiccated coconut**
- Handful **raspberries**

MACROS PER PORTION

CALORIES	368	PROTEIN	22
CARBS	34	FATS	16
FIBRE	12		

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS
2 HOURS)

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INSTRUCTIONS

Firstly, pour the coconut milk into the blender. Add the chia seeds and blend for 20-30 seconds. Add all remaining ingredients and blend until you have a very smooth consistency.

You want the pudding to be nice and thick, but if it's too thick, you can add a little extra milk to loosen it.

Transfer to a bowl or jar and refrigerate for at least 2 hours.