



# PEAR CHIA PUD

SERVES: 2

TOTAL TIME: 5 MINUTES (PLUS  
8 HOURS)

GF V

## INGREDIENTS

1 **pear**, peeled & grated  
30g **walnuts**, roughly chopped  
1/2 tsp **vanilla bean paste**  
40g **Greek yoghurt**  
30g **chia seeds**  
180ml **milk**  
**Cinnamon**, for dusting

## INSTRUCTIONS

Place all ingredients (except cinnamon) in a medium-sized bowl and whisk to combine.

Divide between 2 small bowls or jars, cover and refrigerate for an hour or ideally overnight.

Sprinkle with a little cinnamon before serving.

### MACROS PER PORTION

CALORIES	320	PROTEIN	9
CARBS	26	FATS	20
FIBRE	13		