

Strawberry Banana Chia Pudding

This pudding is naturally-sweetened. It's a fruity and creamy snack or breakfast option!

U.S.		Metric
4 cups	Strawberries, fresh, hulled and halved	608g
1/2 cup	Banana, over-ripe, mashed	150g
1/2 cup	1% Milk	37.5g
1/2 Tbsp	Vanilla Extract	7.5mL
1/8 tsp	Salt, Kosher	0.75g
1/3 cup	Chia seeds, whole	57g

Optional Topping Ideas

1 cup	Strawberries, sliced
2 sprigs	Fresh Mint, sliced thin
3/4 cup	Granola

Preparation:

1. Gather all ingredients and equipment.
2. Add the strawberries and bananas to a microwave safe bowl and microwave on high for 3 minutes.
3. Add the warmed strawberries and banana, milk, vanilla extract, and salt to a high-speed blender.
4. Wait until the strawberries and bananas have cooled down for a minute or two before moving to the next step. This will prevent steam from building up while blending.
5. Once the mixture has cooled slightly, begin to blend - starting first on a low speed then gradually increasing to the highest speed. Blend for at least 1 full minute. The mixture should be very smooth and velvety with no clumps.
6. Pour the strawberry base into a large bowl.
7. Whisk in the chia seeds and stir until they are evenly floating in the strawberry mixture. If there are clumps of seeds or seeds sunk to the bottom of the bowl, continue to whisk and stir until well combined and there are no clumps of seeds.
8. Let the pudding cool completely, stirring occasionally, and then refrigerate until chilled. The chia seeds will cause the strawberry mixture to thicken and turn into a pudding-like consistency.
9. Serve chilled. You can top this chia pudding with the topping of your choice

Nutrition Facts

5 Servings

Serving size **1/2 cup chia pudding, no toppings**

Amount per serving

Calories **120**

Total Fat 3.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 60 mg

Total Carbohydrate 19 g

 Dietary Fiber 6 g

 Total Sugars 10 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 8 %

Iron 7 %

Potassium 300 mg

Phosphorus 135 mg
