

Strawberry Matcha Chia Pudding

🕒 45 min 🍽️ 2 servings

437 Kcal / serving

7g Protein 42g Fat 14g Carbs

Ingredients

- Strawberries, 4 small (1" dia) (28 g)
- Coconut milk, 350 ml (350 g)
- Chia seeds, 30 grams (30 g)
- Matcha powder, 4 g (4 g)
- Intense sweetener, containing stevia, powdered formulation, 2 sachet, Natvia (6 g)



Instructions

1. Place the coconut milk, matcha powder, chia seeds, and sweeteners into a jar with a lid. Shake well for 5-10 seconds, or mix well in a bowl that you can cover with glad wrap.
2. Once mixed well, place jars or bowls covered in glad wrap into the fridge.
3. Best to leave overnight in the fridge, or a minimum of 4 hours in fridge to set.
4. Top the fresh sliced berries.

Comments

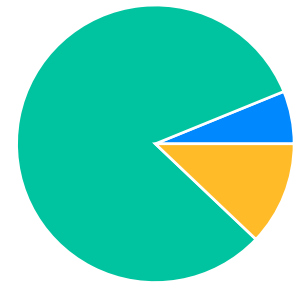
Vegetarian, Gluten free, Dairy free, FODMAP

For variety top with roasted nuts.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	874.1	209.1	437.1
Protein [g]	14.2	3.4	7.1
Fat [g]	84	20.1	42

Carbs [g]	27.9	6.7	14
Fiber [g]	13.3	3.2	6.7
Net Carbs [g]	14.6	3.5	7.3



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	256.8	61.4	128.4
Iron, Fe [mg]	16.4	3.9	8.2
Magnesium, Mg [mg]	265.1	63.4	132.6
Phosphorus, P [mg]	601.1	143.8	300.6
Potassium, K [mg]	988.9	236.6	494.5
Sodium, Na [mg]	50.6	12.1	25.3
Zinc, Zn [mg]	3.4	0.8	1.7
Vitamin A, RAE [ug]	0.3	0.1	0.2
Vitamin E [mg]	0.2	0	0.1
Vitamin D [ug]	0	0	0
Vitamin C [mg]	20.4	4.9	10.2
Thiamin [mg]	0.3	0.1	0.2
Riboflavin [mg]	0.1	0	0.1
Niacin [mg]	5	1.2	2.5
Vitamin B6 [mg]	0.1	0	0.1
Vitamin B12 [ug]	0	0	0
Vitamin K [ug]	0.6	0.1	0.3