

LEMON BLUEBERRY CHIA PUDDING

Serving size: 1 cup

Serves 8

2 cups unsweetened almond milk
1 cup plain, non-fat Greek yogurt
2 medium lemons, zested and juiced
5 tablespoons honey or maple syrup
4 teaspoons vanilla extract
1 cup chia seeds
2 cups blueberries, fresh or frozen

Add the first five ingredients (almond milk through vanilla extract) in a container. Whisk together until well-combined. Mix in the chia seeds and blueberries. Refrigerate for at least 6 hours, preferably overnight. Stir before serving and garnish with a lemon slice. Makes 8 servings.

Exchanges per serving:

½ Starch, ½ Milk (non-fat), 1 Fruit, 2 Fat

Nutrients per serving:

Calories: 265

Calories from fat: 65

Total Fat: 7g

Saturated Fat: 0.7g

Cholesterol: 0 mg

Sodium: 27mg

Carbohydrate: 27g

Dietary Fiber: 9g

Protein: 7g