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HIGH PROTEIN VANILLA CHIA SEED BREAKFAST PUDDING



IRISH YOGURTS

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High Protein Vanilla Chia Seed Breakfast Pudding

Recipe by Chef Eunice Power

Ingredients

- 200ml Milk
- 250ml Irish Yogurts Clonakilty High Protein Vanilla Live Yogurt
- 30g Chia seeds
- 1 dessert spoon of honey
- **To Serve**
- 50g Mixed berries



- Nuts
- Granola

Directions

- Stir the chia seeds into some milk
- Then stir in the high protein vanilla yogurt along with a dessert spoon of honey
- Cover and let it sit in the fridge overnight
- Serve with some mixed berries, nuts and granola