



## C H A I P U D D I N G R E C I P E

### Ingredients:

- Coconut Milk, 1 cup.
- Coconut Flakes, 3 Tablespoons
- Chia Seeds,  $\frac{1}{4}$  cup
- Protein Powder, 1 scoop
- Pineapple,  $\frac{1}{4}$  cup
- Banana,  $\frac{1}{2}$  slices
- Blueberries,  $\frac{1}{4}$  cup
- Any Tropical or seasonal fruit of choice,  $\frac{1}{4}$  cup



### Instructions:

1. Mix and leave in fridge overnight for a delicious protein-packed breakfast option!