

Vanilla Cinnamon Chia Seed Pudding

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chia-seed-greek-yogurt-pudding-recipe>

Ingredients:

- 1 cup milk
- 1/2 cup greek yogurt
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/3 cup chia seeds
- 1/4 teaspoon salt
- 2 tablespoons pomegranate seeds optional topping

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 420 milligrams
9. Sugar: 24 grams

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