

Greek Yogurt Chia Pudding with Roasted Grapefruit

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 1/2 cup Greek yogurt full fat
- 1/2 cup non dairy milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- 1/2 teaspoon vanilla extract
- 1 grapefruit
- 1 tablespoon coconut sugar
- rosemary sprigs

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 50 milligrams
9. Sugar: 24 grams

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