

Helergon Kitchen

Greek Yogurt Chia Pudding – 240 Calories, 20g Protein

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**Greek** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 cup Greek yogurt (plain, full-fat or low-fat)
- [ ] 3 tbsp chia seeds
- [ ] 1-2 tbsp honey or maple syrup
- [ ] ½ tsp vanilla extract
- [ ] ¼ tsp lemon zest
- [ ] ¼ cup fresh berries (optional)

Instructions

1. In a medium bowl, whisk the Greek yogurt until smooth; I usually add a tiny pinch of salt to balance the sweetness.
2. Stir in chia seeds, honey, vanilla, and lemon zest; let the mixture sit for 5 minutes, then give it another good stir to break any clumps.
3. Cover the bowl and refrigerate for at least 10 minutes, or overnight for a thicker texture. blueberry chia is a great companion if you crave extra fruit.
4. When ready to serve, spoon the pudding into glasses, top with fresh berries, and if you like, a drizzle of extra honey.
5. Enjoy slowly, feeling the creamy coolness and subtle sweetness; it’s perfect with a cup of tea or coffee. For a different twist, try a smoothie bowl beside it.

Nutrition per serving

240 kcal	20 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding is too thick, thin with a splash of milk or almond milk.
- You can prepare a batch for the week; just add fresh toppings before serving.
- For extra crunch, sprinkle a handful of toasted nuts or granola.