

PREPARATION: 10 MINUTES

AT LEAST 2 HOURS OF REFRIGERATION

1 SERVING



CHIA YOGURT PUDDING

INGREDIENTS

½ cup Greek yogurt

¼ cup plant-based beverage, such as soy beverage

1 tablespoon chia seeds

1 teaspoon maple syrup

¼ teaspoon vanilla extract

PREPARATION

- 1 In a small jar or bowl, combine the Greek yogurt, plant-based beverage and chia seeds.
- 2 Stir well until the chia seeds are evenly distributed.
- 3 Stir in the maple syrup and vanilla extract.
- 4 Cover and refrigerate for at least 2 hours, or overnight, until thickened.
- 5 Stir before serving. Add a splash of plant-based beverage, if desired, to reach the preferred consistency.

SERVING SUGGESTIONS

Top with fresh fruit, berries, nuts, seeds, granola or a drizzle of nut butter for extra flavour and texture.

For a sweeter option, use vanilla Greek yogurt and omit the maple syrup and vanilla extract.

For a coffee-flavoured pudding, add ½ teaspoon instant coffee.

STORAGE

Store in an airtight container in the refrigerator for up to 3 days.

Nutrient Analysis

Per serving: 1 chia pudding

Calories	182 Kcal
Protein	16 g
Carbohydrates	15 g
Fibre	5 g
Sugars	9 g
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	91 mg
Potassium	358 mg
Phosphorus	276 mg

Suitable for

- ✓ CKD, not on dialysis
- ✓ Hemodialysis
- ✓ Kidney transplant
- ✓ Diabetes