

Bounty Pudding

CAL: 368 PROTEIN: 22 CARBS: 34 FIBRE: 12 FAT: 16



Bounty Pudding



SERVES:

1



TIME:

5 minutes (plus 2 hours)



INGREDIENTS

180ml coconut milk
2 tbsp chia seeds
1 scoop chocolate protein powder
1 tbsp cacao powder
1 tsp honey
1 tsp desiccated coconut
Handful raspberries

INSTRUCTIONS

Firstly, pour the coconut milk into the blender. Add the chia seeds and blend for 20-30 seconds. Add all remaining ingredients and blend until you have a very smooth consistency.

You want the pudding to be nice and thick, but if it's too thick, you can add a little extra milk to loosen it.

Transfer to a bowl or jar and refrigerate for at least 2 hours.

MACROS

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