

# Matcha Green Tea Chia Pudding



120 min.



1 serving



PER SERVING  
320 CAL  
FAT: 17.4g  
CARB: 24.5g  
PROTEIN: 10g

E4L

## INGREDIENTS

- 1 cup Unsweetened Vanilla Almond Milk
- 3 tbsp Chia Seeds
- 2 tsp Honey
- ½ tsp Matcha Green Tea Mix
- 1 dash Salt

## DIRECTIONS

1. Mix together almond milk, honey, matcha, and salt until well combined. In a bowl, pour in chia seeds then the matcha almond milk mixture. Stir to coat chia seeds with the liquid. Refrigerate.
2. 10 minutes later, stir again well. Keep in refrigerator for at least 2 hours or overnight. Dust the top with a little matcha before serving.



EAT THIS MUCH