

Wild blueberry chia pudding

SERVES: 1

TIME: 5 MIN + REFRIGERATED 3 TO 4 HRS OR OVERNIGHT

Just like overnight oats, these overnight chia seed bowls make a great breakfast on the go.

Ingredients

2 Tbsp chia seeds

2 scoops collagen peptides

**½ cup almond milk, unsweetened,
vanilla**

**¼ cup yogurt, greek, plain, whole
milk**

½ cup blueberries

½ cup blackberries

1 tsp honey

Instructions

1. Combine chia seeds, collagen, almond milk, and yogurt in a tupperware or glass jar; stir well until thoroughly combined; refrigerate for 3 to 4 hours or overnight. Stir or shake before eating. Top with blueberries, blackberries, and honey.

NOTES:

Use DF yogurt to make DF. Use marine collagen to make P.

Toppings can be added before refrigeration for a grab-and-go meal.