



## Autumn Protein Chia Pudding

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### Fruits

- 2 Apple

### Breakfast

- 1 tbsp Almond Butter
- 3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 2 tbsps Almonds
- 1/4 tsp Cardamom
- 1 3/4 cups Chia Seeds
- 1 tbsp Cinnamon
- 2 tbsps Pumpkin Seeds
- 2 tbsps Walnuts

### Baking

- 2 tbsps Cocoa Powder
- 1 tbsp Dark Chocolate Chips
- 2 tbsps Dried Unsweetened Cranberries
- 1/2 tsp Pumpkin Pie Spice
- 2/3 cup Pureed Pumpkin
- 2 1/2 tsps Vanilla Extract
- 1/3 cup White Chocolate Chips

### Cold

- 5 1/2 cups Soy Milk
- 2 cups Soy Yogurt

### Other

- 2 tbsps Chocolate Protein Powder
- 3/4 cup Vanilla Protein Powder



## Pumpkin Spice Latte Chia Pudding

2 servings

5 minutes

### Ingredients

- 1/2 cup Chia Seeds
- 2 cups Soy Milk
- 1/2 tsp Cinnamon
- 1 tbsp Maple Syrup
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Pureed Pumpkin
- 1/2 cup Soy Yogurt

### Directions

- 1 In a large bowl, mix together the chia seeds, milk, cinnamon, maple syrup, pumpkin puree and protein powder. Divide into two containers. Place in the fridge for two hours or overnight.
- 2 Top with the yogurt and extra cinnamon when ready to eat. Enjoy!

### Nutrition

Amount per serving	
Calories	445
Fat	20g
Carbs	47g
Fiber	19g
Sugar	17g
Protein	26g
Cholesterol	2mg
Sodium	145mg
Vitamin A	9535IU
Vitamin C	3mg
Calcium	696mg
Iron	6mg



## Pumpkin Cheesecake Chia Pudding

1 serving  
4 hours 10 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 2 tbsps Vanilla Protein Powder
- 1/2 tsp Pumpkin Pie Spice
- 3 tbsps Pureed Pumpkin
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tbsps White Chocolate Chips
- 1/3 cup Soy Yogurt

### Nutrition

Amount per serving	
Calories	553
Fat	27g
Carbs	59g
Fiber	18g
Sugar	28g
Protein	24g
Cholesterol	2mg
Sodium	87mg
Vitamin A	7151IU
Vitamin C	2mg
Calcium	538mg
Iron	5mg

### Directions

- 1 Add chia seeds, pumpkin pie spice, vanilla protein powder, pumpkin puree, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 3 Add half of the yogurt to the bottom of the jar. Remove chia pudding from refrigerator and pour the yogurt mix otop. Put back in fridge for 4 hours minimum, or overnight to set.
- 4 In the morning top with graham crumbs and nuts (optional). Grab and go!



## Choco Cran Walnut Chia Pudding

1 serving

5 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Soy Milk
- 1/4 tsp Cinnamon
- 1 1/2 tsps Maple Syrup
- 2 tbsps Chocolate Protein Powder
- 2 tbsps Cocoa Powder
- 1 tbsp Dark Chocolate Chips
- 1/4 cup Soy Yogurt
- 2 tbsps Dried Unsweetened Cranberries
- 2 tbsps Walnuts

### Directions

- 1 In a large bowl, mix together the chia seeds, milk, cinnamon and maple syrup. In a separate bowl, mix together cocoa powder and protein powder with the yogurt. Place bowls in the fridge for two hours or overnight.
- 2 Layer the chia pudding with the chocolate yogurt. Top with chocolate chips, walnuts and dried cranberries. Enjoy!

### Nutrition

Amount per serving	
Calories	682
Fat	36g
Carbs	70g
Fiber	23g
Sugar	32g
Protein	31g
Cholesterol	2mg
Sodium	144mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	709mg
Iron	7mg



## Apple Pie Cheesecake Chia Pudding

1 serving  
4 hours 10 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 2 tbsps Vanilla Protein Powder
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tbsps White Chocolate Chips
- 1/3 cup Soy Yogurt
- 1 Apple (diced)
- 1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	636
Fat	27g
Carbs	82g
Fiber	22g
Sugar	46g
Protein	24g
Cholesterol	2mg
Sodium	86mg
Vitamin A	106IU
Vitamin C	8mg
Calcium	558mg
Iron	5mg

### Directions

- 1 Add chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sautee until the apples are slightly browned, 5-7 minutes.
- 3 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 4 Remove chia seeds from refrigerator and pour the yogurt mix otop. Put back in fridge for 4 hours minimum, or overnight to set.
- 5 In the morning top with graham crumbs and nuts (optional). Grab and go!



## Apple Crunch Chia Pudding

1 serving  
4 hours 10 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 2 tbsps Vanilla Protein Powder
- 1/2 cup Soy Milk
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 2 tbsps White Chocolate Chips
- 1/3 cup Soy Yogurt
- 1 Apple (diced)
- 2 tbsps Pumpkin Seeds
- 1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	726
Fat	35g
Carbs	84g
Fiber	23g
Sugar	46g
Protein	28g
Cholesterol	2mg
Sodium	87mg
Vitamin A	109IU
Vitamin C	9mg
Calcium	565mg
Iron	6mg

### Directions

- 1 Add chia seeds, vanilla protein powder, soy milk, maple syrup and vanilla extract to a bowl or jar. Stir well and refrigerate.
- 2 Spray a pan with avocado oil and add diced apple to the pan, over medium heat. Add cinnamon. Sautee until the apples are slightly browned, 5-7 minutes.
- 3 Microwave white chocolate in 30 second intervals. Mix in with yogurt. I used a wire whisk to get rid of lumps.
- 4 Remove chia seeds from refrigerator and pour the yogurt mix otop. Put back in fridge for 4 hours minimum, or overnight to set.
- 5 In the morning top with pumpkin seeds. Grab and go!



## Vanilla Almond Chai Chia Pudding

1 serving

5 minutes

### Ingredients

- 1/4 cup Chia Seeds
- 1 cup Soy Milk
- 1/4 tsp Cinnamon
- 1/4 tsp Cardamom
- 1 1/2 tps Maple Syrup
- 2 tbsps Vanilla Protein Powder
- 1 tsp Vanilla Extract
- 1/4 cup Soy Yogurt
- 2 tbsps Almonds
- 1 tbsp Almond Butter

### Directions

- 1 In a large bowl, mix together the chia seeds, milk, yogurt, protein powder, cinnamon, cardamon, vanilla and maple syrup. Place bowl in the fridge for two hours or overnight.
- 2 Add chia pudding to a mason jar and top with almonds and almond butter. Enjoy!

### Nutrition

Amount per serving	
Calories	640
Fat	37g
Carbs	50g
Fiber	21g
Sugar	17g
Protein	33g
Cholesterol	2mg
Sodium	143mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	786mg
Iron	6mg