Nutty Chia Seed Protein Pudding

A creamy, low-carb chia pudding topped with crunchy walnuts for a high-protein, satisfying snack.

Servings: 2 **Time:** 10 minutes

Ingredients

- 3 tablespoons chia seeds
- 1 cup unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 1 tablespoon whey protein powder (vanilla or unflavored)
- 1 tablespoon chopped walnuts
- 1 teaspoon powdered erythritol or preferred low-carb sweetener

Instructions

1. In a bowl, mix chia seeds, almond milk, vanilla extract, whey protein powder, and sweetener until well combined.
2. Let the mixture sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 2 hours or overnight for best texture.
4. Before serving, stir the pudding well and top with chopped walnuts.
5. Serve chilled as a nutritious, protein-packed snack or breakfast.

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