Creamy Avocado Coconut Chia Pudding

Smooth and nutritious chia pudding blended with avocado and coconut milk for a low-carb, high-protein snack that supports lean muscle and weight loss.

Servings: 2 **Time:** 10 minutes

Ingredients

- 1 ripe avocado
- 1 cup unsweetened coconut milk
- 3 tablespoons chia seeds
- 1 tablespoon vanilla protein powder
- 1 teaspoon pure vanilla extract
- 1 tablespoon erythritol or preferred low-carb sweetener
- Pinch of salt

Instructions

1. In a blender, combine the avocado, coconut milk, vanilla protein powder, vanilla extract, erythritol, and pinch of salt until smooth and creamy.
2. Transfer the mixture to a bowl or two small jars.
3. Stir in the chia seeds thoroughly to evenly distribute them.
4. Cover and refrigerate for at least 4 hours or overnight until the pudding thickens.
5. Stir well before serving, and optionally garnish with a few coconut flakes or sliced almonds if desired.

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