Strawberry Almond Chia Pudding

A creamy, protein-packed chia pudding soaked in almond milk, topped with fresh strawberries for a nutritious low-carb treat.

Servings: 2 **Time:** 10 minutes

Ingredients

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 tsp pure vanilla extract
- 1/2 tbsp low-carb sweetener (like erythritol or stevia)
- 4 oz fresh strawberries, sliced

Instructions

1. In a bowl or jar, combine chia seeds, almond milk, vanilla extract, and sweetener. Stir well to mix.
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 until it thickens to a pudding consistency.
4. Before serving, stir the pudding once more and top with fresh sliced strawberries.

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