

Plate Dream

Greek Yogurt Chia Pudding – 240 Calories, 20g Protein

5 min Prep time	**5 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Breakfast** Course

Ingredients

Main Ingredients

- [ ] 2 cups Greek yogurt (full-fat preferred)
- [ ] 1/4 cup chia seeds
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Topping

- [ ] 1 cup fresh mixed berries
- [ ] 2 tbsp sliced almonds (optional)
- [ ] A drizzle of extra honey

Instructions

1. In a mixing bowl, combine the Greek yogurt, honey, vanilla, and sea salt; stir until smooth.
2. Add the chia seeds, whisk gently, and let the mixture sit for 5 minutes.
3. Give the pudding another good stir to break up any clumps, then cover and refrigerate for at least 2 hours.
4. When ready to serve, spoon the pudding into bowls, top with fresh berries, almonds, and a final drizzle of honey.
5. Enjoy slowly, feeling the creamy texture and gentle sweetness settle in.

Nutrition per serving

240 kcal	20 g	22 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding is too thick, stir in a splash of milk or extra yogurt.
- For a chocolate twist, add a teaspoon of cocoa powder to the base.
- Adjust sweetness by tasting before chilling.