

Peanut Butter and Berry Jam Chia Pudding



Indulge in the deliciousness of our Peanut Butter and Strawberry Jam Chia Pudding recipe. This delightful blend of flavors combines creamy peanut butter, sweet strawberry jam, and nutritious chia seeds for a satisfying and wholesome treat. Try it now!

Preparation 5 min

Cooking 0 min

Waiting 60+ min

Portion 2

Nutrition Facts (per serving)

Calories 470 kcal

Fat 27 g

Carbohydrates 37 g

Fibre 17 g

Protein 19 g

Sodium 70 mg

Ingredients

- 250 ml (1 cup) milk of choice
- 60 ml (¼ cup) natural peanut butter, divided
- 60 ml (¼ cup) + 30 ml (2 tbsp) chia seed, divided

- 250 ml (1 cup) frozen berries, thawed and crushed

- 30 ml (2 tbsp) plain Greek yogurt

Preparation

1. In a bowl, combine the milk, chia seeds and half of the peanut butter. Refrigerate for at least 1 hour, or ideally overnight.
2. In another bowl, combine the thawed berries with the remaining chia seeds. Mix well. Reserve.
3. To serve, layer chia pudding in two jars. Add a layer of Greek yogurt, followed by the remaining peanut butter, then the berry mixture.

Notes

Can be refrigerated for up to 3 days



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