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PB Banana Chia Pudding

Ingredients

1/2 cup milk or unsweetened non-dairy milk

1 cup plain Greek yogurt

1 large ripe banana

1/4 cup creamy or crunchy peanut butter

1 tsp vanilla extract

1 tsp cinnamon

Pinch of salt

1 tbsp maple syrup or honey (optional)

6 tbsp chia seeds

Optional toppings: Cacao nibs, roasted peanuts, sliced banana, fresh berries, coconut flakes, dark chocolate chips

Directions

1. In a blender, combine milk, yogurt, banana, peanut butter, vanilla, cinnamon, a pinch of salt and, if you so choose, maple syrup or honey. Blend until smooth.

2. Divide mixture between two wide mouth jars and add half the chia seeds to each jar. Stir to combine and add any desired toppings. Screw top on jar, chill for several hours, then serve.