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## **Chocolate Chia Protein Pudding**

Courtesy of RSP NUTRITION

Serving size: 1 cup  
Recipe yields 1 serving

Prep Time: 5 min. Cook Time 0 min.

### **Ingredients**

2/3 cup almond milk  
1 scoop RSP Nutrition IsoLean Chocolate Protein Powder  
3 tbsp chia seeds

### **Directions**

1. Blend together almond milk, protein powder, and chia seeds until smooth.
2. Pour into a bowl, cup, or jar and enjoy! You can also refrigerate for 1-2 hours before eating if you prefer your pudding cold.

Optional: Add toppings to mix it up! Chopped nuts, shredded coconut, and fruit are all excellent options.