



Strawberry Chia Pudding

Visual Recipe
by DAREBEE
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	MICROMEAL	REGULAR	DOUBLE
strawberries	4	6	8
milk	¼ cup ~ 50ml	½ cup ~ 100ml	1 cup ~ 200ml
chia seeds	½ tbsp	1 tbsp	2 tbsps

LEVEL UP! Add a dash of maca powder to the blend.



INSTRUCTIONS

1. Place milk, chia seeds and half of strawberries into a blender.
2. Blend for 30 seconds.
3. Transfer the pudding into a bowl.
4. Slice the rest of the strawberries and top the pudding. Sprinkle with chia seeds.