



HIGH PROTEIN OVERNIGHT CHIA PODS

BASE

2 SERVES

- 1 cup canned coconut milk
- 3 tablespoons chia seeds
- 2 tablespoons natural peanut butter
- 1 scoop (about 25g) of your preferred protein powder
- Assorted nuts and seeds (such as almonds, walnuts, pumpkin seeds, sunflower seeds, etc.)

INSTRUCTIONS:

1. In a mixing bowl, combine coconut milk, chia seeds, peanut butter, and protein powder. Mix well until everything is well incorporated.
2. Let the mixture sit for a few minutes, then stir again to ensure the chia seeds are evenly distributed.
3. Cover the bowl with plastic wrap or transfer the mixture into individual serving jars or containers.
4. Refrigerate the mixture overnight, or for at least 4-6 hours, to allow the chia seeds to absorb the liquid and thicken.

VARIATION 1: CHOCOLATE PEANUT BUTTER CHIA POD

Add 1 tablespoon of cocoa powder to the base mixture.

Top with chopped peanuts and dark chocolate chips.

Nutritional Information (per serving):

Protein: Around 20g

Carbohydrates: Around 20g

Fat: Around 30g

VARIATION 2: BERRY ALMOND CHIA POD

Add ½ cup of mixed berries (such as strawberries, blueberries, raspberries) to the base mixture.

Top with sliced almonds and a sprinkle of chia seeds.

Nutritional Information (per serving):

Protein: Around 20g

Carbohydrates: Around 25g

Fat: Around 25g

VARIATION 3: TROPICAL SEED CHIA POD

Add ½ cup of diced mango and pineapple to the base mixture.

Top with a mixture of toasted coconut flakes, pumpkin seeds, and sunflower seeds.

Nutritional Information (per serving):

Protein: Around 20g

Carbohydrates: Around 30g

Fat: Around 22g