

PEACHES & CREAM CHIA PUDDING

BY YUMMY HEALTHY EATS

PREP TIME: 5 MIN TOTAL TIME: 25 MIN SERVINGS: 4

INGREDIENTS

- 3 Tbsp. chia seeds
- 1 cup Premier Protein® Peaches & Cream Shake
- 2 (5.3-oz) containers Peach flavored Greek yogurt
- Peaches, diced

DIRECTIONS

1. Stir the chia seeds into protein and refrigerate for at least 1 hour.
2. Fold in yogurt to the chia seed mixture.
3. Layer peaches and then Chia Pudding mixture. Top with coconut, if desired. Enjoy!