

Choco Fever Dream

Greek Yogurt Chia Pudding – High-Protein Breakfast

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 3 tbsp chia seeds
- [ ] 1-2 tbsp honey
- [ ] ½ tsp vanilla extract
- [ ] 1 tsp lemon zest

Toppings

- [ ] ½ cup fresh berries (strawberries, blueberries, or raspberries)
- [ ] 1 tbsp chopped nuts (optional)
- [ ] Extra drizzle of honey

Instructions

1. In a bowl, whisk the Greek yogurt with honey, vanilla, and lemon zest until smooth.
2. Add chia seeds to the yogurt mixture; stir vigorously to disperse evenly.
3. Cover the bowl and refrigerate for at least 4 hours, or overnight, stirring once halfway.
4. When ready to serve, give the pudding a quick stir, then spoon into serving glasses.
5. Top with fresh berries, a sprinkle of nuts, and an extra drizzle of honey. Enjoy!

Nutrition per serving

250 kcal	15 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding seems too thick, stir in a tablespoon of milk or water.
- For a dairy-free version, substitute yogurt with coconut or almond yogurt.
- Try adding a pinch of cinnamon for warm spice notes.