Chia Pudding

A staple breakfast

Ingredients:

- 3 cups unsweetened almond milk
- 2 scoops vanilla Isopure whey protein powder
- 8 tablespoons chia seeds (½ cup)
- ¼ cup whole golden flaxseed
- ½ teaspoon cinnamon
- ½ teaspoon vanilla bean paste

Method

1. Place the chia seeds and whole golden flaxseed into a high-speed blender (dry container if available).
2. Blend briefly until they become a coarse meal — not powder.
3. Add the almond milk, protein powder, cinnamon, and vanilla directly into the blender with the seed mixture.
4. Blend on low to medium speed until fully combined.
5. Stop once or twice to scrape down the sides if needed.
6. Pour into a container with a lid.
7. Refrigerate for at least 4 hours, preferably overnight, to set.

Notes

Texture should be smooth, cohesive, and evenly set — not watery, not stiff.

Adjust thickness with a splash of almond milk if needed before serving.

Keeps well in the refrigerator for several days.

Serve cold.