AMERICAN · DESSERT · BREAKFAST

High-Protein Greek Yoghurt Chia Pudding with Blueberries

10 min · plus 15–30 minutes soaking · Makes 1 × 1 bowl · 611 kcal a portion

Video 5:05 · Autumn Bates

Vegetarian · Gluten-free ingredients · Nut-free

Scan for the video, full nutrition and more free recipes

No added sugar at all: full-fat Greek yoghurt and chia give the bowl about 29 g protein and 14 g fibre, with blueberries and cacao nibs for flavour, so it keeps blood sugar steady.

Ingredients

9 · MAKES 1 × 1 BOWL

- [ ] 1 cup **full-fat unsweetened Greek yoghurt**
- [ ] ½ cup **unsweetened carton coconut milk** (or homemade), warmed
- [ ] ½ tsp **vanilla extract**
- [ ] a pinch of **sea salt**
- [ ] 2 tbsp **chia seeds**
- [ ] about ¼ cup **unsweetened toasted coconut flakes**
- [ ] 1 tbsp **cacao nibs**
- [ ] ¼–½ cup **frozen blueberries**
- [ ] 1 tsp **ghee** (vanilla bean or plain), to warm the blueberries (optional)

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Spoon 1 cup of full-fat Greek yoghurt into a bowl or jar. 0:40
2. Pour in ½ cup of warmed unsweetened coconut milk and stir, then add the vanilla and a small pinch of sea salt. 1:30
3. Stir in 2 tbsp chia seeds and leave for 15–30 minutes (or overnight in the fridge) until thick. 2:13
4. Top with toasted coconut flakes and cacao nibs. 3:19
5. Finish with the blueberries: warm them in a little ghee for a minute or two until juicy and spoon them over, or simply add them thawed. 3:42

> **Tip** It's a meal-sized bowl; halve it for a smaller dessert. Dairy-free? Use 1 cup unsweetened plant yoghurt plus a serving of protein powder, as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion (1 bowl) gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
611 kcal	29 g	35 g	14 g	41 g	300 mg
2,560 kJ	57% of a day	21 g net · 16 g sugars	50% of a day	26 g saturated	13% of a day
		13% of a day		53% of a day	

Energy from net carbs 15% · protein 20% · fat 65% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 273% · Vitamin B12 77% · Selenium 74% · Calcium 38% · Magnesium 36% · Zinc 32% · Vitamin A 25% · Iron 23%

Source of (10–19%) Potassium 14% · Vitamin B6 13% · Folate 12% · Vitamin K 10%

Recipe and video: Autumn Bates (@AutumnBates) on YouTube — youtube.com/watch?v=y9X3vUQJzrI, published 26 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-yoghurt-chia-pudding-blueberries