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

- [ ] 250 g **full-fat unsweetened Greek yoghurt**
- [ ] 120 ml **unsweetened carton coconut milk** (or homemade), warmed
- [ ] ½ tsp **vanilla extract**
- [ ] a pinch of **sea salt**
- [ ] 2 tbsp **chia seeds**
- [ ] about 15 g **unsweetened toasted coconut flakes**
- [ ] 1 tbsp **cacao nibs**
- [ ] 60–120 ml **frozen blueberries**
- [ ] 1 tsp **ghee** (vanilla bean or plain), to warm the blueberries (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

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

## Method TIMES = THE MOMENT IN THE VIDEO

1. Spoon 240 ml of full-fat Greek yoghurt into a bowl or jar. 0:40
2. Pour in 120 ml 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 240 ml 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 unit conversions, 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