

Peanut Butter & Banana Chia Pudding

5 ingredients · 3 hours 5 minutes · 2 servings



Directions

1. Add the milk, peanut butter, and maple syrup to a jar and shake well until the peanut butter has been incorporated with the milk. Add the chia seeds and shake again to combine.
2. Refrigerate for at least three hours or until chilled.
3. To serve, divide the chia pudding between bowls and top with the sliced banana. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Slice the banana just before serving.

More Flavor

Add cinnamon, sea salt, and/or vanilla extract.

Additional Toppings

Berries, honey, or extra peanut butter.

No Peanut Butter

Use almond butter or sunflower seed butter instead.

No Banana

Use berries instead.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 2 tbsps** All Natural Peanut Butter
- 2 tsps** Maple Syrup
- 1/4 cup** Chia Seeds
- 1** Banana (sliced)