



Long Livo

Greek Yogurt Chia Pudding – High-Protein Breakfast

10 min

Prep time

Easy

Difficulty

10 min

Total time

Mediterranean

Cuisine

2

Servings

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

Calories

15 g

Protein

28 g

Carbs

9 g

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.