

Peaches & Cream Chia Pudding

7 ingredients · 2 hours 5 minutes · 3 servings



Directions

1. Set aside the hemp seeds and half of the peaches.
2. Add the remaining ingredients to a blender and blend for at least one minute or until a smooth consistency is achieved.
3. Divide the pudding into bowls or jars, and top with the remaining chopped peaches and hemp seeds, if using. Refrigerate for at least two hours to set. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Sugar-Free

Use monk fruit sweetener or stevia in place of the raw honey.

Make it Vegan

Omit the collagen powder or use hemp seeds or plant-based protein instead.

No Blender

Finely chop the peaches and whisk everything together in a large bowl.

Ingredients

- 2 tbsps Hemp Seeds (optional)
- 2 Peach (chopped, divided)
- 1 3/4 cups Canned Coconut Milk
- 1/3 cup Chia Seeds
- 1 tbsp Raw Honey
- 2/3 oz Collagen Powder
- 1 tsp Vanilla Extract