Chia Pudding Parfait

Nutrition (per serving):
Calories - 239 cals
Carbohydrates - 25 g
Fiber - 15 g
Protein - 8 g

Recipe yields 2 servings

Ingredients:
- ⅓ cup chia seeds
- 1 ½ cups unsweetened vanilla almond milk
- ⅓ cup blueberries or raspberries
- 1 tsp vanilla
- ½ tsp cinnamon
- ¼ cup cocoa powder, unsweetened (optional)
- 2 tbsp shredded coconut (optional)

Directions:
1. Combine chia seeds, almond milk, vanilla, cocoa powder & cinnamon. Mix well. Let sit for 5 minutes and mix again.
2. Top with berries and coconut.
3. Place in refrigerator to set for 1-2 hours or overnight.

Quick Nutty Smoothie

Nutrition (per serving):
Calories - 233 cals
Carbohydrates - 13 g
Fiber - 7 g
Protein - 11 g

Recipe yields 1 serving

Ingredients:
- ½ frozen banana
- 1 tbsp chia seeds
- 1 tbsp peanut or almond butter
- 1 cup unsweetened vanilla almond milk
- Optional additions: ½ cup plain greek yogurt, 2 Tbsp PB Fit peanut butter powder

Directions:
1. Combine frozen banana, chia seeds, peanut or almond butter, almond milk, and greek yogurt or PB Fit into blender
2. Blend until smooth
Avocado Hummus Recipe

Nutrition (per serving):
Calories - 156 cals
Carbohydrates - 10 g
Fiber - 3 g
Protein - 3 g

Recipe yields 10 servings
(¼ cup each)

Ingredients:
- 1 15 oz. can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic
- 1 tsp ground cumin
- ½ tsp salt

Directions:
1. Drain chickpeas, save 2 tablespoons of liquid
2. Transfer the chickpeas and the reserved liquid to a food processor
3. Add avocado, cilantro, tahini, oil, lemon juice, garlic, cumin and salt. Puree until very smooth
4. Serve with veggie chips, pita chips or crudités