

# Chia Pudding Parfait

Nutrition (per serving):

Calories - 239 cal  
Carbohydrates - 25 g  
Fiber - 15 g  
Protein - 8 g

Recipe yields 2 servings



**Ingredients:**

- 1/3 cup chia seeds
- 1 1/2 cups unsweetened vanilla almond milk
- 1/2 cup blueberries or raspberries
- 1 tsp vanilla
- 1/2 tsp cinnamon
- 1/4 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 cal  
Carbohydrates - 13 g  
Fiber - 7 g  
Protein - 11 g

Recipe yields 1 serving



**Ingredients:**

- 1/2 frozen banana
- 1 tbsp chia seeds
- 1 tbsp peanut or almond butter
- 1 cup unsweetened vanilla almond milk
- Optional additions: 1/2 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 cal  
Carbohydrates - 10 g  
Fiber - 3 g  
Protein - 3 g

Recipe yields 10 servings  
( $\frac{1}{4}$  cup each)



## Ingredients:

- 1 15 oz. can no-salt-added chickpeas
- 1 ripe avocado, halved and pitted
- 1 cup fresh cilantro leaves
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup lemon juice
- 1 clove garlic
- 1 tsp ground cumin
- $\frac{1}{2}$  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 crudité