

Banana Peanut Butter Chia Pudding

Zutaten

- 1/2x Banane (ca. 60g)
- 90g - 100g Milch
- 2x TL Erdnussmus (ca. 30g)
- 10g Chiasamen

Zubereitung

1. In a blender, puree the banana, milk and peanut butter. Transfer mixture to a medium bowl and stir in the chia seeds. Cover with plastic wrap and chill in the refrigerator for 15 minutes and enjoy right away or can let chill for 4 hours or overnight. Stir the mixture before serving. Can be stored in an airtight container refrigerated for up to 1 week.

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