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Peanut Butter Chia Pudding ♦

Peanut Butter Chia Pudding is a delicious and healthy vegan dessert or breakfast option. It is made by combining chia seeds with plant-based milk, peanut butter, and sweetener of choice. The mixture is then refrigerated overnight to allow the chia seeds to absorb the liquid and create a thick and creamy pudding. This pudding can be enjoyed on its own or topped with fruits, nuts, or granola.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

30 g	Chia Seeds
250 ml	plant-based milk
30 g	Peanut Butter
10 g	sweetener (optional)

Directions

Step 1

Mixing

In a bowl, combine chia seeds, plant-based milk, peanut butter, and sweetener (if desired).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to ensure all ingredients are evenly distributed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Refrigerating

Cover the bowl and refrigerate overnight or for at least 4 hours.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Before serving, give the pudding a good stir to break up any clumps.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Plating

Divide the pudding into serving bowls and top with desired toppings.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 13 g

Protein: 8 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	9 g	23.68%	36%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	80 mg	3.48%	3.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	240 mg	7.06%	9.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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