



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Matcha Green Tea Chia Pudding

Matcha Green Tea Chia Pudding is a healthy and delicious vegan dessert. It is made with chia seeds, almond milk, and matcha green tea powder. The pudding is creamy, smooth, and packed with antioxidants. It can be enjoyed as a breakfast or a snack.

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	almond milk
2 tsp	matcha green tea powder
2 tbsp	Maple syrup
1 tsp	Vanilla Extract

Directions

Step 1

Mixing

In a bowl, combine chia seeds, almond milk, matcha green tea powder, maple syrup, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

Stir well to make sure the chia seeds are evenly distributed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Refrigerating

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

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Serving

Serve the pudding chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	10 g	26.32%	40%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Cuisines

Italian

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

Over \$50

Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

Nutrient Timing Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com