



EP Strawberry Cheesecake Chia Pudding

Contributor:

Adapted from [Living Plate](#)

Prep time	Total time	Meal type	Servings
5 minutes	4 hours	Breakfast, Snack	2

Ingredients

- 1 cup strawberries, fresh, *chopped*
- 1/2 cup cottage cheese, low-fat
- 1/4 tsp vanilla extract
- 4 Tbs Greek yogurt, plain, low-fat
- 3 tsp maple syrup
- 1 cup unsweetened almond milk
- 3 tablespoons chia seeds

Directions

Prep

1. Chop strawberries.

Make

1. Reserve a few chopped strawberries for topping. Add all ingredients to a blender and process until smooth. Place in covered container or mason jars and refrigerate for at least 4 hours or overnight. Top with the reserved strawberries before serving.

Nutrition Facts

Nutrition Facts	
Amount per serving	
Calories	223
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 338mg	15%
Total Carbohydrates 25g	9%
Dietary Fiber 8g	29%
Total Sugars 14g	
Protein 14g	
Vitamin D N/A	0%
Calcium 445mg	34%
Iron 2mg	12%
Potassium 399mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Notes

Think of this recipe as a template, and vary it with any fruit you enjoy – fresh or frozen. Try blueberries, raspberries, cherries, peaches, mango...What is your favorite?

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database.

Each 'NA' indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only