

# Spinach & Mango Protein Chia Pudding

6 ingredients · 1 hour 15 minutes · 3 servings



## Directions

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1. Add all of the ingredients except the mango and hemp seeds to a blender. Blend on high for at least one minute or until a very smooth consistency is achieved.
2. Scoop the pudding into bowls or containers and secure with a lid. Transfer to the fridge to set for at least one hour.
3. Top with mango and hemp seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to one day.

### Serving Size

One serving is equal to approximately 3/4 cup with toppings.

## Ingredients

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- 1 **3/4 cups** Canned Coconut Milk
- 1/4 **cup** Chia Seeds
- 1 **cup** Baby Spinach (packed)
- 1/4 **cup** Vanilla Protein Powder
- 1 **Mango** (medium, peeled and diced)
- 2 **tbsps** Hemp Seeds