

OVERNIGHT COCONUT POMEGRANATE CHIA PUDDING

1 Serving

- 1 cup light coconut milk
- 2 tablespoons chia seeds
- 1 tablespoon protein powder (pea protein)
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon cardamom
- 1/4 teaspoon cinnamon
- 1/2 cup Greek yogurt or skyr
- 1/4 cup Struesli granola @struesli
- 1/4 cup pomegranate seeds
- 1 tablespoon cacao nibs (optional)

In a medium sized mason jar whisk together the coconut milk, protein powder, chia seeds, cardamom and cinnamon. Make sure all the protein powder lumps have dissolved. Twist on the lid and give another shake. Store in the refrigerator overnight or for 6 hours to thicken.

Grab a pretty glass and start layering the yogurt, pomegranate seeds, Struesli and chia pudding. Finish the top layer with pomegranate, Struesli and cacao nibs.