



Low FODMAP Strawberry & Chia Pudding

Serves: 4

Prep: 2 hours 5 minutes

Cook: No cooking required



Ingredients	Metric	Imperial
2 cups almond milk (Calcium fortified preferably)	500 g	17.6 oz
Fresh strawberries, hulled	200 g	7.1 oz
½ cup chia seeds	96 g	3.4 oz
2 tbsp maple syrup	50 g	1.8 oz

Method

1. Mix almond milk and strawberries in a blender.
2. Pour mixture into a bowl and add maple syrup and chia seeds.
3. Cover bowl with plastic film and refrigerate until set (approx. a couple of hours).

Nutrition Information (per serve)	
Energy	1287 Kj / 308 cal
Protein	9.60g
Carbohydrates	10.80g
Sugar	7.20g
Total Fat	23.50g
Saturated Fat	1.70g
Fibre	11.60g