

Camel Milk Recipes: Matcha Chia Pudding



Start your day with this earthy, antioxidant-filled matcha chia seed pudding. It's creamy and smooth with a sweet crunch in every bite.

Matcha or green tea powder is a super food loaded with good-for-you antioxidants, vitamin C, and minerals. It calms the body and promotes alert awareness without the jitters that coffee gives. With the fiber-packed chia seeds, this pudding will keep you satisfied all morning.

This pudding is a quick and easy make-ahead breakfast or a delicious snack. Just whip the ingredients together and let sit in the fridge overnight. Top it with your favorite fresh fruits and nuts and enjoy a bowl of breakfast that meets your everyday needs.

Tweet

Share

Pin

+1

Share
0 Shares

Camel Milk Matcha Chia Pudding Recipe



Serves 2



Prep 10 mins

Ingredients

- ¼ cup chia seeds
- 1½ cup camel milk
- 2 teaspoons honey
- 1½ teaspoons matcha green powder
- ½ teaspoons vanilla extract

Optional topping: Fruit, seeds, nuts

Instructions

1. In a medium bowl, combine and stir chia seeds and camel milk.
1. In a small bowl, stir matcha powder and 1 tablespoon hot water until smooth.
1. Add the matcha mixture and vanilla to the chia seed mixture. Stir and cover.
1. Refrigerate for at least two hours, or overnight for best results.
1. Spoon into serving bowls or jars. When ready to eat, top with fruits and

nuts.

Notes

Chia pudding can be stored refrigerated in an airtight container for up to three days.

Courses Dessert