

Matcha Chia and Oat Pudding



Cooking time: 5 minutes preparation. Soak overnight or for 4+ hours.

Servings: 1

Ingredients:

- Matcha green tea powder, 1 tsp.
- Chia seeds, 2 tsp. 7-10g
- Wholegrain oats, raw, **female 40g, male 55g**
- Milk, Skim/Reduced fat, 200ml
- Greek yoghurt, no fat/reduced fat, 2 tbsp. 30-40g
- Grapes, 70g
- Blueberries, 70g

Method:

1. In a jar or container that you prefer to eat your breakfast from, combine chia, oats, milk and green tea. Stir well to ensure contents doesn't stick to the bottom.
2. Let soak in the fridge for 4+ hours
3. Top with yoghurt and fruit or also mix through these ingredients from the beginning

Tips:

- A large jar or container will be needed to contain all fruit. Alternatively have as a side.
- Feel free to use any of your favourite fresh or frozen fruit
- Suggest making in larger batches. They will keep well in the fridge for 2-3 days
- For a dairy free/vegan alternative use a calcium fortified dairy alternative for yoghurt and milk. Please note these changes will likely result in a higher energy content and lower protein content.

Nutrition Information		
Servings per recipe: 1 Serving size: 429g/445g	AVG QTY PER SERVE FEMALE	AVG. QTY PER SERVE MALE
Energy	1448kJ	1743kJ
Protein	17.6g	20.1g
Fat	4.6g	6.7g
Sat fat	0.9g	1.2g
Carbohydrate	53.8g	62.5g
Sugars	30.5g	30.8g
Fibre	10.4g	13.8g
Sodium	141.9mg	142.7mg
Calcium	344.3mg	370.2mg
Iron	2.7mg	3.7mg