



Protein Peanut Butter Cup Chia Pudding

This peanut butter chocolate chia seed pudding offers a protein twist on a classic flavor combo using Muscle Milk's Pro Protein Chocolate Shake.



Serving Size: 2 servings

Preparation Time: 10 minutes (plus 4 hours of rest)

Ingredients

- 1 bottle of Muscle Milk® Pro Protein Chocolate Shake (14oz)
- 2 tablespoons of chia seeds
- 1/2 tablespoon of natural peanut butter
- 1 teaspoon crushed peanuts for garnish
- 2 strawberries for garnish

Directions

- Pour the Muscle Milk® Pro Protein Chocolate Shake into a medium bowl.
- Add the chia seeds to the bowl.
- Whisk for one minute to ensure all seeds are hydrated and do not stick to the bottom.
- Fold in half of the peanut butter and mix lightly.
- Transfer to an airtight container and refrigerate for at least 4 hours (preferably overnight).
- Remove from the refrigerator and stir again to break up any lumps before serving.
- Serve in two jars and garnish with the remaining peanut butter, the crushed peanuts and strawberries.