

RECIPE



Collagen Mandarin Chia Pudding

(2 servings)

Chia pudding is a delicious, nutritious, and versatile option, perfect for breakfast, a snack, or dessert. Chia seeds are rich in fiber, omega-3s, antioxidants, and protein, promoting gut health, appetite control, and providing sustainable energy. This mandarin pudding combines citrusy freshness with the added benefit of collagen, which supports healthy skin, nails, and joints.

Ingredients

- ¾ cup almond milk (or any other plant-based milk)
- Zests and juice of 2 mandarins (about ¼ cup mandarin juice)
- 4 Tbsp. chia seeds (white or black)
- 1 Tbsp. honey (or your preferred sweetener)
- 2 Tbsp. hydrolyzed collagen

Instructions

Mix the liquids:

In a bowl or jar, combine the almond milk, mandarin juice, and honey. Stir well until the honey is fully dissolved.

Add the dry ingredients:

Add the chia seeds, mandarin zest, and collagen. Stir vigorously for about 1–2 minutes to prevent the chia seeds from clumping together.

Stir again:

After 5 minutes, stir the mixture again to ensure the chia seeds are evenly distributed in the liquid. This step is crucial for a smooth pudding texture.

Yours to Artful Eating,

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Refrigerate:

Cover the container and refrigerate for at least 2–3 hours, or preferably overnight, allowing the chia seeds to absorb the liquid and achieve a creamy consistency.

Add toppings before serving:

When ready to serve, top the pudding with your choice of fresh fruits, granola, coconut flakes, dark chocolate shavings, or nuts. These toppings should be added right before eating to maintain their crunch and freshness.

Additional Tips:

- Replace part of the plant-based milk with yogurt to incorporate probiotics.
- Add 1/2 Tbsp. of matcha powder to the mixture to create a flavorful matcha chia pudding.
- Double the recipe and store the chia pudding in the refrigerator for up to 5 days.

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