Foodnity Recipes

Strawberry Milkshake Chia Pudding Recipe

Creamy strawberry milkshake meets nutrient-dense chia pudding for a quick, healthy indulgence.

10 min	10 min	4	Easy	American
Prep time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups fresh strawberries, hulled
- [ ] 1 cup milk (dairy or plant-based)
- [ ] 3 tbsp honey or maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1/4 cup chia seeds
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Granola
- [ ] Sliced almonds
- [ ] Fresh strawberry slices
- [ ] Coconut flakes

Instructions

1. Blend strawberries, milk, honey, vanilla, and a pinch of sea salt in a high-speed blender until completely smooth.
2. Pour the strawberry milkshake into a large mixing bowl and stir in the chia seeds, making sure they are evenly distributed.
3. Cover the bowl and let it rest at room temperature for 5 minutes, then give it a good stir to break up any clumps.
4. Transfer the mixture into four serving glasses or jars, top with your favorite toppings, and chill in the refrigerator for at least 30 minutes.
5. When ready to serve, give each pudding a gentle stir, add a final drizzle of honey if desired, and enjoy the cool, creamy texture.

Nutrition per serving

210 kcal	6 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding is too thick after chilling, thin with a splash of extra milk.
- For extra fruit flavor, add a few fresh strawberry slices to the blending step.
- Taste before chilling; the sweetener level can be adjusted after the chia has swelled.