



PEANUT BUTTER & JELLY CHIA SEED PUDDING (With a Mocha Protein Kick!)

Keto - Low Carb - Delicious!

Recipe by @ghostingcarbs
and featured on MariGoldBars.com

"I skipped my coffee this morning and had this instead! Not only was this delicious, I got my caffeine, protein, collagen, plus fiber from the chia seeds!"

- @ghostingcarbs

INGREDIENTS:

Chia Seed Layer:

- 3 tbsp of Chia Seeds
- 1 cup Macadamia Nut Milk (or your choice of milk)
- 1 scoop MariGold Mocha Collagen Latte Protein Coffee

Raspberry Jam:

- 1 cup frozen raspberries
- 3 tbsp Allulose
- Juice of a lemon
- 1 tsp @guygoneketo KetoseSweet liquid sweetener (can use your own favorite).

Toppings (optional):

- Keto Granola or other keto-friendly topping of your choice.



DIRECTIONS:

1. Mix Chia Seed Layer ingredients well and pour into 2 small jars.
2. Cool in the fridge for about an hour. You can also let sit overnight.
3. Heat Raspberry Jam ingredients in a saucepan over medium heat until allulose dissolves, mashing the berries until it's a consistency you like.
4. Put in a container in the fridge to cool.
5. Once cool, put a spoonful of the jam and a spoonful of peanut butter on top of the chia seed layer and top with keto granola (optional).

Featuring MariGold
Mocha Collagen Latte
Protein Coffee
(MariGoldBars.com)

