Chocolate nut butter pudding

120g Greek yoghurt (use dairy free if preferred)

20g peanut or almond butter

1 tsp vanilla extract

2 tbsps chia seeds

**for the top layer:**

340ml unsweetened almond milk

25g cocoa powder

25g ground flax seeds

30g chocolate or vanilla flavour whey or rice protein powder

1 tbsp maple syrup

Serves 2

Per serving:

391 calories

28g protein

27g carbs

19g fat

Place the yoghurt, vanilla extract and peanut butter in a bowl. Stir well.

Spoon into 2 serving bowls or dessert glasses.

Place the top layer ingredients in a blender and blend well until smooth.

Stir in the chia seeds and leave to stand for 10 minutes.

Stir again then pour over the bottom layer. Serve.

Cover any leftovers and refrigerate for up to 2 days.