

Going Healthy: Navitas Naturals Easy Banana Chia Pudding

Description

Self control and dessert are typically words you don't see used together. Unless, it's in front of self control, then maybe. I am able to resist the tastiest looking treats since I know most of them are loaded with sugar, fat, and most likely numerous chemicals to get the best taste. Simply put, I like knowing exactly what's in my food and do best when I make it myself.



[Navitas Naturals](#) kindly agreed to send me their [Chia Seeds](#) and [Cacao Goji Superfood Power Snacks](#) to review, and I'm enjoying them both! I'll be posting a review along with a giveaway the nice people at Navitas Naturals agreed to, so please be on the lookout for my review!

As a new dad and stay-at-home parent, I don't always have time to cook something when Avery is demanding my attention. I'm not one to settle for convenience food, so most of the time, I resort to the microwave to steam veggies and cook egg whites. Add some cayenne, black pepper, and mustard, and this is my meal most days. Luckily, I tend to enjoy all vegetables in their plain state, but it would be nice to have something packed with flavor too.

Thankfully, I was able to come up with a quick and healthy chia treat that's perfectly fine to have it's self control!

All you need to make this easy dessert that could double as a healthy, energy-packed breakfast is a ripe banana, milk of choice, Navitas Naturals Chia Seeds, vanilla protein powder, and vanilla extract.



We want peanut butter!

Protein Banana Chia Pudding

Ingredients:

- 2 ripe bananas (I like them very spotty!)
- ½ cup milk of choice (I used unsweetened almond milk)
- 1 scoop vanilla protein powder (I use a stevia sweetened whey protein)
- 2 tablespoons Navitas Naturals Chia Seeds
- Splash of pure vanilla extract (You can use vanilla vodka if you don't have extract, or just like alcohol)
- Optional: preferred sweetener like honey or agave to taste

Directions:

1. Using a food processor or blender (I used my Vitamix), add all ingredients except the chia seeds and blend until smooth. Add your optional sweetener too if desired.
2. Toss in the chia seeds and pulse just enough to thoroughly mix them in. Chill in the fridge for at least an hour.



If you must, go ahead and take an early sample, I did, and it was great. Just know that the chia seeds need time to gel, so they will still be crunchy. This is a fun recipe to make with kids to amaze them at how the tiny chia seeds make liquid turn into gel.

When it's warmer, make a quick, refreshing drink by adding a spoonful of chia to water with a splash of apple or orange juice and wait 5 to 10 minutes to have a fun, gooey drink! Hey, and it's packed with omega-3s, fiber, protein, vitamins, minerals, and so much more!

I told Avery about all of the benefits and she even wanted to try some for herself.



Sadly, I had to tell her she must wait a little longer. Poor baby.



Have you ever used chia seeds?

If so, whatâ€™s your favorite way to use them?

Date Created
2014/03/10