

Recipe: Passion fruit pudding with seeds



1 portion contains approximately: 137 kcal - 14 g protein - 5 g fat - 9 g carbohydrate

Ingredients (for 2 persons)

- 1 tsp sunflower seeds
- 1 tsp pistachios
- 300 g low-fat natural yogurt
- 2 passion fruits
- ½ a vanilla pod
- ½ tsp agave nectar

Preparation

1. Toast the sunflower seeds and pistachios in a dry pan. Transfer to a plate and let cool.
2. Add the yogurt to a bowl.
3. Cut open the passion fruits and scoop out the seeds and stir in to the yogurt.
4. Mix in the vanilla seeds from the pod, and agave nectar.
5. Garnish the yogurt with the toasted seeds.

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.