

Chia Seed Recipes For Breastfeeding Diet



1 Overnight oatmeal with chia seeds



1. Add chia seeds, oats, blueberries, and coconut sugar into a glass jar or container and mix well.
2. Add milk to the mixture and mix again.
3. Cover the jar and store it in the refrigerator overnight.
4. The next day chia seeds would have expanded, and the mixture would have a pudding-like consistency.

2 Salted caramel chia pudding



1. Add salted caramel protein powder, as directed for lactating women, into a bowl or container.
2. Add chia seeds, unsweetened almond milk, and maple syrup to the same bowl.
3. Add a pinch of salt and mix well.
4. Have it either as an overnight pudding or wait till the chia seeds expand and are ready to eat.

3 Fruity chia pudding



1. Add frozen fruits of your choice to a blender along with chia seeds, milk, and some plain peanut butter.
2. Blend until mixed well.
3. Scoop up the mixture into a bowl and enjoy with a topping of fresh fruits.