



Recipe Book

Preparation Time: **10 minutes**
(plus chilling time)

Mango Protein Chia Pudding

(Hayatna Mango Lassi, Hayatna Skyr)

Ingredients:

- 1 cup **Hayatna Mango Lassi**
- ½ cup **Hayatna Skyr**
- 3 tbsp chia seeds
- 1 tbsp honey
- ½ cup diced mango (for topping)
- 1 tbsp chopped nuts (optional)



Steps:



1. In a bowl, mix **Hayatna Mango Lassi**, **Hayatna Skyr**, chia seeds, and honey.



3. Once thickened, top with fresh mango chunks and chopped nuts.



2. Stir well and refrigerate for at least 4 hours or overnight.



4. Serve chilled.

