

Table of Contents



- Description
 - Can This Pumpkin Pie Chia Pudding Support Weight Loss Goals?
 - Does Pumpkin Pie Chia Pudding Fit a High Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You'll Love This Recipe
- Common Mistakes to Avoid
- Required Equipment
- Storage Instructions
- Recipe Details
- Short 3-Line Description
-  Ingredients
 - Pumpkin Chia Pudding
 - Optional Toppings
- Directions
- Nutrition Facts
 - Per Serving – Approximate
- Notes
- Frequently Asked Questions

Description

Creamy Greek yogurt, earthy pumpkin, warming pumpkin pie spice, and vanilla come together in this cozy chia pudding with a thick, spoonable texture. Chia seeds add a pleasant little crunch while the pumpkin gives the pudding its beautiful seasonal color and comforting flavor.

With Greek yogurt and chia seeds, this is a protein-friendly breakfast or snack without protein powder. It is also fiber-rich and can work in a lower-carb eating pattern, although the maple syrup means it is not an ultra-low-carb or strict keto dessert.

Can This Pumpkin Pie Chia Pudding Support Weight Loss Goals?

Yes, it can fit into a weight-conscious eating pattern because it combines protein-rich Greek yogurt with fiber-rich chia seeds, creating a relatively satisfying breakfast or snack. The portion-controlled jars also make it convenient for meal prep.

However, the recipe contains maple syrup and chia seeds, both of which contribute calories and carbohydrates, so portion size and your overall daily intake still matter. No individual recipe guarantees weight loss.

Does Pumpkin Pie Chia Pudding Fit a High Protein Lifestyle?

This recipe is a good protein-friendly choice rather than an extremely high-protein meal. Greek yogurt supplies most of the protein, while chia seeds contribute additional protein, fiber, and healthy fats. Depending on the milk and yogurt selected, one serving provides roughly 11–12 g protein. Its net carbs are approximately 20–25 g per serving, so it fits better into a balanced or moderate-carb plan than a strict keto diet.

My Personal Experience

- The texture is the highlight.
The Greek yogurt makes the pudding creamy while the chia seeds create a soft, slightly textured bite.
- The pumpkin flavor feels naturally cozy.
Pumpkin puree and pumpkin pie spice give every spoonful a warm fall-dessert character.
- I like the convenience of the no-cook method.
Everything is mixed in one bowl, making this especially practical for busy breakfast meal prep.
- The Greek yogurt makes it more satisfying.
It adds creaminess and meaningful protein without needing protein powder.
- It works equally well as breakfast or dessert.
A spoonful of Greek yogurt or whipped topping and a few pecans can make it feel like a genuine treat.

Perfect For:

- High-protein breakfasts: Greek yogurt provides the main protein base for a convenient morning meal.
- High-protein snacks: Divide into small jars for an easy grab-and-go option.
- Healthy desserts: Pumpkin spice and creamy texture make it dessert-like without requiring baking.
- Fall meal prep: Prepare several servings at once and refrigerate them for the week.
- Lower-carb eating: The recipe has substantial fiber and can be modified with less maple syrup.
- Vegetarian meal plans: The standard recipe contains no meat or fish.
- Post-workout snacks: Pair with an additional protein source if you need a larger protein serving.

Why You'll Love This Recipe

- No protein powder required
Greek yogurt and chia seeds provide the protein while keeping the pudding creamy and naturally rich.
- Only 10 minutes of prep
There is no stovetop cooking or baking, so the mixture can be prepared quickly.
- Creamy and spoonable
The thick Greek yogurt and chia seeds create a satisfying pudding consistency after chilling.
- Perfect for meal prep
The original recipe recommends storing it in individual jars or one container for up to five days.
- Classic pumpkin-pie flavor
Pumpkin puree, pumpkin pie spice, vanilla, and maple syrup deliver familiar dessert flavors in breakfast form.

Common Mistakes to Avoid

1. Not whisking the chia seeds thoroughly — Clumps can form if the seeds aren't distributed evenly through the yogurt and liquid.
2. Using too little liquid — The chia seeds need enough milk and moisture to hydrate and create the pudding texture.
3. Skipping the chill time — Give the mixture time to thicken before serving.

4. Adding too much maple syrup — Extra syrup can make the pudding overly sweet and substantially increase its carbohydrate content.

Required Equipment

- Large mixing bowl — Provides enough space to whisk all ingredients evenly.
- Whisk — Distributes the chia seeds and pumpkin pie spice throughout the mixture.
- Measuring cups and spoons — Keeps the ingredient ratios consistent.
- Four small airtight jars — Makes individual portions convenient for meal prep.
- Refrigerator — Allows the chia seeds to hydrate and the pudding to set.

Storage Instructions

Transfer the pudding into four individual airtight jars or one covered food-storage container and refrigerate promptly. The original recipe states that it keeps well for up to 5 days in the refrigerator.

For the best texture, add whipped cream, Greek yogurt topping, and pecans just before serving rather than storing the toppings on the pudding.

Freezing is not recommended for the best texture because thawing can alter the creamy consistency of Greek yogurt and the gel-like texture of chia seeds. If you do freeze it, use freezer-safe containers, leave expansion room, and thaw overnight in the refrigerator before stirring thoroughly.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 0 minutes
- Total Time: 10 minutes, plus optional chilling time
- Servings: 4
- Best Season: Fall / all-season
- Total Calories: Approximately 235–250 calories per serving, depending on the yogurt, milk, and toppings used

Short 3-Line Description

Creamy pumpkin, Greek yogurt, chia seeds, and pumpkin pie spice create an easy fall-

inspired pudding.

It's protein-friendly, fiber-rich, and requires no cooking or protein powder.

Prepare it ahead for a convenient breakfast, snack, or healthier dessert.

□ Ingredients

Pumpkin Chia Pudding

- 1 cup plain Greek yogurt — preferably a high-protein Greek yogurt
- ½ cup pumpkin puree — use plain canned pumpkin, not pumpkin pie filling
- ½ cup milk of choice — dairy or unsweetened non-dairy milk
- ¼ cup maple syrup — reduce to 2 tablespoons for a less-sweet, lower-carb version
- 2 teaspoons vanilla extract
- ½ cup chia seeds
- 2 teaspoons pumpkin pie spice
- 1 small pinch salt

Optional Toppings

- ¼ cup whipped cream or Greek yogurt whip, divided among servings
- 2 tablespoons chopped pecans, optional
- Extra pumpkin pie spice or cinnamon, for sprinkling

The original recipe lists plain Greek yogurt, pumpkin puree, milk, maple syrup, vanilla, chia seeds, pumpkin pie spice, and salt, with whipped cream/Greek yogurt whip and pecans as optional toppings.

Directions

1. Combine the base — 2 minutes.
Add Greek yogurt, pumpkin puree, milk, maple syrup, vanilla, chia seeds, pumpkin pie spice, and salt to a large bowl.
2. Whisk thoroughly — 1-2 minutes.
Whisk until the pumpkin is evenly incorporated and the chia seeds are distributed throughout the mixture. Scrape the sides and bottom of the bowl to prevent dry pockets.
3. Check the consistency — 30 seconds.
The mixture should look creamy and pourable but noticeably thicker than ordinary yogurt. If it appears excessively thick, add a small splash of milk.

4. Portion the pudding.

Divide evenly among four sealable jars or containers. The original method also allows the entire batch to be kept in one container and portioned when needed.

5. Chill — at least 10 minutes.

Refrigerate until the chia seeds absorb liquid and the mixture becomes thick and spoonable. For an even firmer overnight pudding, refrigerate several hours.

6. Add toppings — just before serving.

Top with Greek yogurt whip or whipped cream, a sprinkle of pumpkin pie spice, and optional chopped pecans.

Heat level: No heat required; this is a completely no-cook recipe.

High-protein cooking tip: Choose a Greek yogurt with a higher protein content and use dairy milk or high-protein soy milk if desired. For an even higher-protein serving, add extra Greek yogurt on top.

Nutrition Facts

Per Serving – Approximate

Estimated from the listed ingredients and typical nutrition values; actual numbers vary significantly by yogurt, milk, maple syrup, and toppings.

- Calories: ~240 kcal
- Fat: ~8 g
- Cholesterol: ~5 mg
- Sodium: ~90 mg
- Potassium: ~300 mg
- Total Carbohydrates: ~30 g
- Fiber: ~9 g
- Net Carbs: ~21 g
- Sugars: ~19 g
- Protein: ~11-12 g
- Calcium: ~150 mg

The recipe's author specifically describes it as high protein without protein powder and notes about 9 g of fiber per serving; exact nutrition depends on the particular Greek yogurt and milk used.

Notes

- Storage: Refrigerate covered for up to 5 days.
- Reheating: No reheating is needed; serve cold or slightly chilled.
- Freezing: Not recommended because thawing may change the yogurt and chia texture.
- Allergy notes: Dairy-based Greek yogurt and milk contain milk allergens; use suitable dairy-free alternatives if needed.
- Nut-free option: Simply omit the pecans.
- Lower-carb option: Reduce the maple syrup and use an unsweetened milk; this changes the original recipe's sweetness and nutrition.
- Higher-protein option: Use high-protein Greek yogurt and add an extra spoonful of Greek yogurt as a topping.
- Flavor boost: Add cinnamon, freshly grated nutmeg, a little extra vanilla, or finely chopped toasted pecans.
- Texture tip: If you prefer a thinner chia pudding, add a small amount of extra milk before serving.

Frequently Asked Questions

1. How long does pumpkin chia pudding last?

It can be refrigerated in airtight containers for up to 5 days, according to the original recipe.

2. Does this recipe need to be cooked?

No, all the ingredients are simply whisked together and chilled.

3. Can I make this pumpkin chia pudding without protein powder?

Yes, Greek yogurt provides the primary protein, so protein powder isn't necessary.

4. Can I make it lower in carbohydrates?

Yes, reducing the maple syrup and choosing an unsweetened milk can lower the carbohydrate content.

5. Can I use regular yogurt instead of Greek yogurt?

Yes, but the pudding will generally be thinner and contain less protein than when made with Greek yogurt.

6. Is this a breakfast or a dessert?

It works as either one—the pumpkin-pie flavor makes it dessert-like, while Greek yogurt and chia seeds make it suitable for a protein-friendly breakfast or snack.