

## Chocolate-Maca Chia Pudding

Prep Time: 10 minutes; plus overnight set

Total Time: 10 minutes; plus overnight set

Servings: 2

Serving Size: ½ of recipe

### Ingredients:

2 cups almond milk (or milk of choice)\*  
1 tablespoon pure maple syrup or agave  
3 tablespoons unsweetened cocoa powder  
1-2 teaspoons maca powder  
6 tablespoons chia seeds

### Optional Toppings:

Shredded coconut or coconut flakes  
Fresh berries  
Sliced banana

### Directions:

1. Combine milk, maple syrup, cocoa powder, and maca powder in a small bowl and whisk vigorously until well combined and smooth.
2. Place chia seeds in a bowl or large mason jar and pour almond milk mixture on top, then stir well.
3. Allow mixture to sit for 1 minute and stir again, then let it sit for 10 minutes and give it one more good stir.
4. Cover bowl with plastic wrap or seal mason jar with lid and place pudding in the fridge to set overnight or for at least 6 hours.
5. Enjoy pudding by itself or with desired toppings.

### Tips and Tricks:

This keeps well in the fridge for about 3-4 days. Chia seeds and maca powder are both powerful superfoods with energizing characteristics, so I would not recommend eating this pudding right before bed time. It is perfect for a breakfast or mid-day pick me up!

### Nutritional Information Per Serving:

*\*Calculated with almond milk.*

Calories: 191.5

Fat: 9.8 g

Cholesterol: 0.0 mg

Sodium: 185 mg

Total Carbohydrate: 24.1 g

Dietary Fiber: 11.3 g

Sugars: 9.2 g

Protein: 6.2 g