

Creamy Chocolate Chia Pudding

Prep Time: 10 minutes + overnight set time | Cook Time: 0 minutes
Servings: 4 | Serving Size: About 1/3 cup

Chia seeds are a powerful superfood with healthy omega fats and energy boosting properties. They are packed with fiber and protein and make for a perfect snack before or after a workout. Plus, cinnamon has been shown to help balance blood sugar and reduce cravings for sweets. This is a great “substitute” for dessert or a sweet snack!



Ingredients:

1 3/4 cups unsweetened almond or coconut milk
1/3 cup chia seeds
2 tablespoons organic unsweetened cocoa powder or cacao nibs
1/2 teaspoon ground cinnamon
1/2 teaspoon 100% pure vanilla extract
2 tablespoons raw honey, maple syrup, or coconut sugar/nectar
Pinch of salt

Optional Toppings: (choose one)
1/4 cup shredded unsweetened coconut
1/4 cup raw walnuts or almonds, chopped
2-3 strawberries, 6 raspberries or 9 blueberries**

Directions:

1. Combine all ingredients, except toppings, into the blender and blend on high until smooth and creamy, scraping down the sides as needed.
2. Pour into glass mason jar(s) or tuperware, cover and place in fridge to set for 3-5 hours.
3. Enjoy with desired topping.

Tips and Tricks:

This keeps well in the fridge for about 3-4 days. I like to make a batch at the beginning of the week and scoop out a snack when I'm craving something sweet!

Nutritional Information Per Serving: (Calculated with no toppings + coconut sugar)

Calories: 100.9
Fat: 5.1 g
Cholesterol: 0.0 mg
Sodium: 79 mg
Total Carbohydrate: 13.9 g
Dietary Fiber: 6.0 g
Sugars: 6.3 g
Protein: 3.2 g