

CHOCOLATE CHIA SEED PUDDING

This recipe makes 1 serving



INGREDIENTS

1/2 cup vanilla almond milk
2 tbsp chia seeds
1.5 tbsp raw cacao powder
dash of honey or agave nectar (optional)
cacao nibs, to top



EQUIPMENT

Mason jar
Refrigerator
Bowl

NUTRITION FACTS PER SERVING

Calories: 181
Total Fat: 9.1g
Saturated Fat: 1.4g
Sodium: 142mg
Potassium: 303mg
Carbs: 25.9g
Fiber: 9.3g
Protein: 5.5g



METHOD

1. Mix together the almond milk, cacao powder, chia seeds and sweetener (if using) in an 8oz mason jar. Close the jar and shake well. Place in refrigerator for 4 hours - although overnight is better.
2. When you return, you'll see that the chia seeds have soaked up the liquid, becoming gelatinous and turning your dessert into a wonderful pudding consistency. Top with cacao nibs and serve!

