CHOCOLATE CHIA PUDDING

Chia seeds are a superfood that is loaded with nutrients and have scientifically proven health benefits including:

- Antioxidants
- Good source of high quality protein
- High in omega 3 fatty acids
- Made largely of fiber!



Ingredients:

- 1/4 cup cocoa powder
- 2 T maple syrup
- 1/2 tsp vanilla extract
- 1 cup unsweetened vanilla coconut or almond milk
- 1/3 cup chia seeds

Directions:

Sift cocoa powder into a medium deep mixing bowl. Add maple syrup, vanilla extract and pinch of salt. Whisk to combine until smooth. Add milk and whisk to combine. Pour in the chia seeds and whisk to combine one more time. Cover and refrigerate until the mixture thickens, and becomes pudding like, at least 4 hours, or preferably overnight. Enjoy with your favorite toppings if desired (we like berries and a few chocolate chips)! Makes 2 servings.

NUTRITION PER SERVING:

Calories: 237kcal | Carbohydrates: 32g | Protein: 7g | Fat: 12g | Saturated Fat: 2g | Sodium: 171mg | Potassium: 324mg | Fiber: 14g | Sugar: 12g | Vitamin C: 1mg | Calcium: 364mg | Iron: 4mg

Reference: www.feelgoodfoodie.com