

Dessert

Chocolate Chia Pudding

5 Mins
Prep Time

0 Mins
Cook Time

4
Serving

 **194** Calories **11g** Fat **23g** Carbs **5g** Protein



Ingredients

 **4** Servings  **5 Mins + 4 Hours** Setting Time  **Allergens: Nuts**

¼ Cup Unsweetened Dark Chocolate Cocoa Powder 

2 Tbsp Maple Syrup

½ Tsp Vanilla Extract

⅛ Tsp Salt

1 Cup Light Coconut Milk

⅓ Cup Chia Seeds 

1 Cup Fresh Raspberries, **washed** 

Allergen Swap

Nuts Coconuts aren't technically nuts, but those with a nut allergy may also be sensitive to coconuts. Omit coconut milk and replace with a milk alternative, like soy milk.

Nourishment Note



Chia Seeds

Small-in-size but packed with nutrients, chia seeds are loaded with fiber, protein and omega-3 fatty acids. Fiber helps promote gut health, protein provides building blocks to help make new and healthy cells, and omega-3 fatty acids may help to lower inflammation.



Cocoa Powder

In moderation, dark chocolate cocoa powder may provide beneficial antioxidants important to reducing inflammation.



Raspberries

Raspberries are antioxidant rich, which may help to lower inflammation. They are also a good source of fiber which promotes digestive health.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine Ingredients

To a bowl, add the cocoa powder. Whisk in the maple syrup, vanilla and salt.

3. Add Coconut Milk and Chia Seeds

Add the coconut milk and whisk to combine. Finally, add the chia seeds and whisk until well incorporated.

4. Cover and Refrigerate

Cover with plastic wrap and refrigerate for at least 4 hours, or preferably overnight for pudding to set.

5. Top with Fresh Raspberries

When pudding has set, top each serving with $\frac{1}{4}$ cup fresh raspberries. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [Half Planet Preserve](#)

What You'll Need



Bowl



Measuring Cups



Measuring Spoons



Plastic Wrap



Can Opener



Whisk

Fatigue Buster

- Instead of using fresh raspberries, top with frozen berries.