

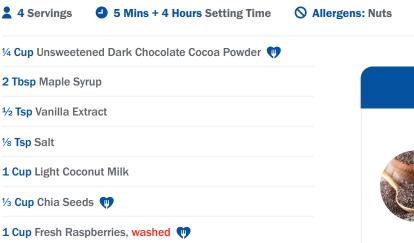
Dessert

Chocolate Chia Pudding





Ingredients



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.



Occoa Powder

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



P 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

\bigtriangledown	Bowl
	Measuring Cups
E E	Measuring Spoons
	Plastic Wrap
	Can Opener
8	Whisk

Fatigue Buster

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