

Creamy Chocolate Chia Pudding

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Serves about 3-4

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Rich chocolatey pudding made in minutes is both delicious and healthy! Great for kids, too, as it's a healthy treat that you won't feel guilty about serving to your little ones.

INGREDIENTS

- 2 cups milk of your choice (I use my homemade coconut milk)
- 1/3 cup + 1 T chia seeds
- Pinch sea salt
- 3 T maple syrup
- 3 oz unsweetened chocolate
- 2 T raw cacao powder

DIRECTIONS

1. Combine everything but the unsweetened chocolate in your blender. Turn on low for a few seconds just to combine everything, then turn off.
2. Place the unsweetened chocolate in a microwave safe bowl and microwave for 20 seconds at a time until melted.
3. Turn your blender up to high, then pour in the melted chocolate with the machine running. Blend for a total of 1 minute, or until the pudding is very smooth.
4. Pour into individual serving cups and refrigerate until chilled.
5. To serve, try topping with coconut whipped cream, berries, or chocolate chips.

NOTES: You can make this recipe with any plant-based milk that you choose as well as any sweetener that you prefer to use. The pudding will be much more smooth in a high powered blender, such as Vitamix.