

# Dark Chocolate Berry Chia Pudding

7 ingredients · 3 hours · 2 servings



## Directions

1. In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
2. Cover the bowl and refrigerate for at least 3 hours, or overnight.
3. For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

## Notes

### No Berries

Use any type of chopped fruit instead.

### Storage

Keeps well in the fridge up to 5 days.

## Ingredients

- 1/4 cup Chia Seeds
- 1 tbsp Cocoa Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 1/2 cup Blueberries
- 1/2 cup Raspberries

## Nutrition

Amount per serving

<b>Calories</b>	205	Vitamin D	51IU
<b>Fat</b>	10g	Vitamin E	0mg
<b>Carbs</b>	28g	Thiamine	0mg
Fiber	10g	Riboflavin	0.2mg
Sugar	11g	Niacin	0mg
<b>Protein</b>	6g	Vitamin B6	0mg
Cholesterol	0mg	Folate	10µg
Sodium	83mg	Vitamin B12	0µg
Potassium	330mg	Phosphorous	33mg
Vitamin A	280IU	Magnesium	103mg
Vitamin C	12mg	Zinc	1mg
Calcium	383mg	Selenium	1µg
Iron	3mg		