

Chocolate Overnight Chia Pudding with Raspberries



PREP TIME

5 mins

REFRIGERATION TIME

4 hrs

TOTAL TIME

4 hrs 5 mins



COURSE

Breakfast



SERVINGS

1

CALORIES

426 kcal

EQUIPMENT

- 1 mixing bowl
- 1 whisk

INGREDIENTS

- $\frac{1}{2}$ cup chia seeds
- $1 \frac{1}{2}$ Tbsp cocoa powder unsweetened
- 1 cup soy milk unsweetened
- $\frac{3}{4}$ Tbsp maple syrup
- $\frac{1}{2}$ cup protein powder vanilla
- $\frac{1}{2}$ cup raspberries

INSTRUCTIONS

1. In a large, shallow mixing container, add all the dry ingredients: chia seed, cocoa powder, and protein powder.
2. Whisk to combine and break all the powder and chia seed lumps.
3. Add soy milk and maple syrup.
4. Whisk until no more lumps of powder can be seen.
5. Add each serving into a small serving container. Cover the container(s) with a lid or plastic wrap and refrigerate for one hour.
6. After that time, give a quick stir as some seeds will sink to the bottom of the bowl. If too thick, add a splash of plant-based milk.
7. Cover the bowl and return to the fridge overnight, or for at least 3 hours before serving.
8. Top each serving with $\frac{1}{2}$ c raspberries.

NUTRITION

Nutrition Facts

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Amount Per Serving

Calories 426	Calories from Fat 143
% Daily Value*	
Fat 15.9g	24%
Carbohydrates 40.5g	14%
Protein 28.5g	57%

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD
gluten free

Tried this recipe?

Let us know how it was!