Chocolate Chia Pudding

PREP TIME	TOTAL TIME
5 mins	2 hrs

COURSE	SERVINGS	CALORIES
Breakfast, Dessert, Gluten Free, Snacks	1 serving	327 kcal

INGREDIENTS

- 2 Tbsp cocoa powder
- 1 Tbsp brown sugar
- 1 tsp hazelnut flavor instant coffee powder optional
- ¼ cup chia seeds
- 1 cup non-dairy milk

INSTRUCTIONS

1. Mix cocoa powder, brown sugar, and instant coffee powder together in a bowl; stir until no lumps remain.
2. Fold chia seeds into the mixture. Pour non-dairy milk into the bowl and stir to incorporate; let the mixture sit a few minutes before stirring again.
3. Repeat resting and stirring a few times over the course of 20 minutes.
4. Cover the bowl with plastic wrap and refrigerate 2 hours to overnight.

NUTRITION

Nutrition Facts

Chocolate Chia Pudding

Amount Per Serving

Calories 327	Calories from Fat 194

	% Daily Value*
Fat 21.6g	33%
Carbohydrates 31.9g	11%
Protein 10.6g	21%

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

🔍

KEYWORD
gluten free, soy-free

Tried this recipe?

Let us know how it was!