

Recipe

CHOCOLATE CHIA BREAKFAST PUDDING



► ▸ Vegan, raw, gluten-free, oil-free, soy-free, refined sugar-free, nut-free

Yield: 2 cups (1 serving)

Prep Time: 5 min

Total Time: 1-2 hrs (refrigeration time for chia seeds to gel)

INGREDIENTS: THE PUDDING

3 Tbsp (45g) chia seeds
1 cup (250mL) coconut or soy milk (or other plant-based milk of choice)
5 dates, pitted, chopped roughly
1 Tbsp (8g) cocoa powder
1 tsp (5mL) pure vanilla extract
1/8 tsp cinnamon

INGREDIENTS: THE TOPPINGS

1/2 medium pomegranate, seeded
1 banana, sliced
2 dates, chopped roughly
1-2 Tbsp (15-30g) pumpkin seeds
1-2 Tbsp (15g-30g) sunflower seeds

DIRECTIONS

1. Combine all pudding ingredients in a bowl or jar, stirring to combine. Let sit for 5-10 minutes and then stir again to prevent clumping.
2. Cover and chill in the fridge for 1-2 hours, or overnight (yay make-ahead breakfasts!).
3. Stir well before serving. Portion into bowl(s) and add desired toppings. Mine were bananas, pomegranate seeds, pumpkin seeds and sunflower seeds.

NOTES

1. You do not need to use the same fruits or nuts I did. Feel free to add any variety you have on hand.
2. Make ahead breakfasts are the best for night owls or people that drag themselves out of bed in the morning. But if you didn't have the chance to whip this together the night before and want to make it in the morning, no problem. Add to a jar with a lid that can seal and take it with you - it's gelled reasonably in 20-30 minutes.
3. You can make in batches and store in air-tight containers in the fridge for 3-4 days (in this case, do not stir in fruit - such as banana - until serving).

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