

CHOCOLATE CHIA PUDDING WITH STRAWBERRIES



SERVES: 1 Prep Time: 20 min. + 4 hours (or overnight) Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½ 1

½ cup unsweetened almond milk
2 Tbsp. chia seeds
1 Tbsp. unsweetened cocoa powder
1 tsp. pure maple syrup
¼ tsp. pure vanilla extract
1 pinch sea salt (or Himalayan salt)
½ cup chopped strawberries

1. Combine almond milk, chia seeds, cocoa powder, maple syrup, extract, and salt in a large bowl; whisk vigorously until cocoa powder is incorporated, and pudding is well blended.
2. Let stand at room temperature for 30 minutes; mix well. Refrigerate, covered, for 4 hours (or overnight), stirring occasionally.
3. Top with strawberries.

VARIATION:

This pudding could also be topped with chopped banana, fresh blueberries, fresh raspberries, chopped kiwifruit, or chopped pear.

NUTRITIONAL INFORMATION (per serving): Calories: 191 Total Fat: 9 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 238 mg Carbohydrates: 24 g Fiber: 11 g Sugars: 9 g Protein: 5 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

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Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.