

# 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	<b>Cholesterol</b>	0mg
<b>Fat</b>	10g	<b>Sodium</b>	83mg
<b>Carbs</b>	28g	<b>Vitamin A</b>	280IU
<b>Fiber</b>	10g	<b>Vitamin C</b>	12mg
<b>Sugar</b>	11g	<b>Calcium</b>	383mg
<b>Protein</b>	6g	<b>Iron</b>	3mg