

ALMOST INSTANT
CHOCOLATE CHIA PUDDING
Makes 4 servings

Ingredients

- 1½ cups unsweetened almond milk
- ¼ cup chia seeds
- 6 pitted Medjool dates
- 2½ Tablespoons unsweetened cocoa powder
- ½ teaspoon pure vanilla extract
- Pinch of salt

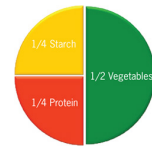
Directions

1. Add all ingredients into a blender.
2. Blend on the highest speed until very smooth. Enjoy immediately or chill in the fridge for 8 hours to let it thicken more.

Nutrition Tips

If the dates are firm, soak them in warm water for up to 30 minutes and then drain for a smoother product.

This pudding has almost half of the fiber that we should eat daily!



Nutrition Facts

4 servings per container

Serving size 1

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 9g	32%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from:

<https://ohsheglows.com/2014/04/07/almost-instant-chocolate-chia-pudding/>