

# Chocolate Chia Seed Pudding

Chocolate Chia Seed Pudding is a perfectly simple and light dessert when you're having a chocolate craving. There's only 5 ingredients and you likely have them already. Watch the video above to see how quickly it comes together!

PREP TIME: 5 mins    WAIT TIME: 4 hrs

TOTAL TIME: 4 hrs 5 mins

COURSE: Dessert    CUISINE: American



5 from 38 votes

KEYWORD: Chocolate Chia Pudding, Chocolate Chia Pudding Recipe, Chocolate Chia Seed Pudding

SERVINGS: 2    CALORIES: 232kcal    AUTHOR: Lisa Bryan

## Ingredients

- 2 tbsp cacao powder or cocoa powder
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup dairy-free milk
- 1/4 cup chia seeds

## Garnish

- raspberries (or other fruit)
- chocolate shavings
- coconut whipped cream
- nuts and seeds

## Instructions

1. In a medium-size bowl, add the cacao powder, maple syrup, vanilla extract, dairy-free milk and chia seeds. Whisk together until all ingredients are combined.
2. Leave the mixture in the bowl for 15 minutes without stirring for the chia seeds to gel. After 15 minutes, whisk it together one more time.

3. Cover the bowl and place it in the refrigerator overnight or a minimum of 4 hours.
4. Remove the chocolate chia seed pudding from the fridge and stir together with a spoon. Serve into small dessert sized glasses. Top with your favorite fruit, chocolate shavings or other garnishes.

## Notes

- If you notice your chia seeds aren't starting to gel and thicken after 10 minutes, you may have dud chia seeds. This can happen if they've been sitting in your pantry a while. Just grab a new bag of chia seeds.
- If you want that frosted look on your berries, here's how you do it. In a single layer on a plate, freeze fresh berries that have been washed and are completely dry. Once they're frozen, add them to the chocolate chia pudding. About 2-3 minutes later (as they come to room temperature) they'll have that frosted look. But serve them up quick because it doesn't last long!

## Nutrition

Calories: 232kcal | Carbohydrates: 30g | Protein: 8g | Fat: 9g | Saturated Fat: 1g | Sodium: 65mg | Potassium: 380mg | Fiber: 10g | Sugar: 15g | Vitamin A: 465IU | Vitamin C: 10.6mg | Calcium: 328mg | Iron: 3mg