

Chocolate Chia Pudding



Licking Memorial Hospital | Culinary Services

Chocolate Chia Pudding (4 Servings)

Ingredients:

1 1/2 cups almond milk
1/3 cup chia seeds
1/4 cup raw cacao
5 to 9 medjool dates, pitted

1/2 tsp ground cinnamon
1 pinch sea salt
1/2 tsp vanilla extract

Directions:

1. Add all ingredients except dates to a mixing bowl and whisk vigorously to combine.
2. Let rest covered in the fridge overnight or at least 3 to 5 hours (or until it has achieved a pudding-like consistency).
3. Add to a blender along with the dates and blend until completely smooth and creamy, scraping down sides as needed.
4. Serve chilled with desired toppings.