

Recipe Card



Chocolate Chia Pudding

Recipe adapted from: *Oh She Glows* blog: <http://ohsheglows.com/2014/04/07/almost-instant-chocolate-chia-pudding/>

Yield: 1.5-2 cups (serves 2)

Ingredients:

1 1/2 cups unsweetened almond milk (or other milk of choice)
1/4 cup chia seeds
5-6 pitted Medjool dates, to taste
3 tablespoons unsweetened cocoa powder
1/2 teaspoon pure vanilla extract, to taste
Pinch fine grain sea salt or pink Himalayan sea salt

Directions:

1. Pour almond milk into a high speed blender. Add the rest of the ingredients.
2. Blend on the highest speed until very smooth.
3. Enjoy immediately or chill in the fridge where it will further thicken to a pudding consistency.