



# Chocolate Chia Seed Pudding

## Serves 2

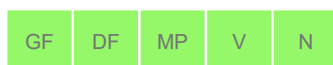
4 tbsp. cocoa powder  
4 tbsp. chia seeds  
4 tbsp. maple syrup  
2 cups (470ml) almond milk,  
unsweetened  
pinch of sea salt  
½ cup (120g) vanilla coconut  
yogurt

## What you need to do

Place all ingredients in a medium-size bowl and whisk until the cocoa powder has dissolved.

Leave in the refrigerator for around 6 hours or overnight, until mixture thickens. Stir a few times during this process.

Divide the coconut yogurt between 2 glasses, and then layer the chia seed pudding on top.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 mins	306	14	47	7

\*Nutrition per serve

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