

# Healthy Chocolate Chia Pudding



Naturally sweetened and loaded with nutrients, this simple and healthy 6-ingredient chocolate chia seed is thick and creamy and perfect for breakfast, a snack, or dessert!

## Key facts:

- Servings: 2 persons
- Cooking time: 10 minutes
- Total time: 10 minutes

## Ingredients:

- ¼ cup Cocoa Powder
- 3 - 5 tablespoon Organic Beet Sugar Sweetener
- ½ teaspoon Organic True Cinnamon
- 1 pinch Himalayan Rock Salt
- 1 ½ cups Milk (Can substitute with plant-based milk or water)
- ½ cup Organic Chia Seeds
- Some Dehydrated Mixed Nuts

## Methods:

1. In a large bowl, sift cocoa powder to reduce clumps. Add beet sugar sweetener, cinnamon powder and salt, then stir to combine.
2. Gradually add milk into the combination and stir until smooth.
3. Add chia seeds and stir again until well combined.
4. Cover and keep in the fridge for at least 3-5 hours or overnight until it's achieved a pudding-like consistency. It may also be helpful to give the mixture an extra stir after being kept in the fridge for 30-45 minutes.
5. Serve chilled with desired toppings, such as nuts, fruits, granola, or coconut whipped cream.
6. It can be kept in the fridge for 4-5 days, yet it is best served fresh!