



CHIA CHOCOLATE PUDDING



Prep Time: 15 minutes Soak Time: 30 minutes Yield: 4 servings

INGREDIENTS

- 1/3 cup (3 oz) chia seeds
- 1 1/2 cups milk
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract
- 3 tablespoons cocoa powder
- 1 cup blueberries
- 5 dried apricots
- 1/4 cup almonds, slivered

VARIATIONS

- Experiment with toppings, try different fruits like strawberries, bananas or whatever is in season.
- If you do not have honey, you can use maple syrup or agave as a sweetener.

DIRECTIONS

- **POUR** the chia seeds into a bowl or jar.
- **POUR** the milk over the chia seeds.
- **ADD** the honey, vanilla extract and cocoa powder to the bowls.
- **STIR** the mixture together with the chia seeds and milk.
- **LET** the chia pudding sit for 30 minutes until it thickens slightly.
- **DIVIDE** the chia pudding in 4 small bowls.
- **TOP** the pudding with the berries and dried fruit.
- **SPRINKLE** the slivered almonds on top.
- **SERVE** and **ENJOY** your 2/3 cup of pudding with toast.