

Chocolate Chia Pudding

The image attached shows chia pudding layered with chocolate banana ice-cream (bottom). See banana ice-cream recipe and just add 1/2 tbsp or more of raw cacao. However, chia pudding is delicious on its own or with fresh fruit. It makes for a healthy snack loaded with protein and omega-3 fatty acids.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 8 mins

Cooking time: 0 mins

Category: Desserts

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Almond milk, home made	1.5 cup
Chia seeds	0.5 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Coconut sugar, coconut	1 x 1 tsp
Vanilla extract	1 teaspoon
Organic cacao raw powder	0.5 x 1 tbsp

Instructions

1. Mash one ripe banana - set aside.
2. In a large bowl add nut milk (almond, soy, hemp or oat work well), chia seeds, coconut sugar (to taste) or maple syrup (or skip the sweetener all together), vanilla, mashed banana and raw cacao powder (or use melted dark chocolate). Mix with a whisk to combine. Taste for flavour. The amount of cacao and sweetener is really based on preferred tastes.
3. Cover and refrigerate for for 4 hours or overnight. The chia pudding should be thick and creamy. If it is not add more chia seeds and refrigerate longer.

4. Top with fresh fruit or a dollop of chocolate banana ice cream.

Store in fridge for up to 5 days.