

# Eat Smart • Move More

## Chocolate Chia Pudding

Prep Time: 5 minutes

Total Time: 3 hours



### Ingredients

- ¼ cup cocoa powder
- 1 ½ tablespoons honey
- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- ½ teaspoon vanilla extract
- 1 ½ cups 1% milk
- ½ cup chia seeds
- 1 ½ cups your favorite fruit

### Nutrition Facts

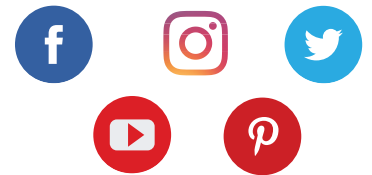
4 servings per container	
<b>Serving size</b>	<b>1 serving (195.23g)</b>
<b>Amount per serving</b>	
<b>Calories 250</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars 14g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 10g	
Vitamin D 2.1mcg	10%
Calcium 320mg	25%
Iron 2.7mg	15%
Potassium 540mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ Replace dairy milk with soymilk or other plant based milks, if desired.
- ▶ Use your favorite fresh or frozen fruit.
- ▶ Dried fruit can also be used. Did you know that ½ cup of dried fruit is equivalent to 1 cup of fresh, frozen, or canned fruit?

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### Directions

- In a mixing bowl, add cocoa powder, honey, cinnamon, salt, and vanilla and whisk to combine. NOTE: Sifting the cocoa powder before adding to the mixing bowl may help to reduce clumps.
- Pour a small amount of milk to the mixing bowl until a paste forms. Then, add remaining milk and whisk until smooth.
- Add chia seeds and whisk once more to combine.
- Refrigerate for at least 3 hours. NOTE: Can also be refrigerated overnight. Pudding will thicken as the seeds absorb the moisture.
- To serve, evenly spoon the pudding into 2 serving containers. Top with fruit of your choice. NOTE: Toppings can also include granola, coconut flakes, and slivered or chopped nuts.

(Recipe adapted from: <https://minimalistbaker.com>.)

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