

## Chia Seed Pudding



I was inspired to create this chia pudding recipe from a deliciously healthy dessert I enjoyed at a holiday gathering. I most often skip the dessert table, but on this occasion, I was pleasantly surprised to find chocolate pudding made with chia!

### INGREDIENTS:

- 2/3 cup chia seeds
- 2 cups non-dairy milk (I use unsweetened vanilla almond or vanilla hemp)
- 4 Tbsp cacao powder
- 1-2 Tbsp raw, local honey
- 1 cup raspberries, blueberries, or chopped strawberries
- 2 Tbsp chopped nuts (optional –I use almonds)

### INSTRUCTIONS:

Whisk chia seeds, non-dairy milk, cocoa powder and honey in a glass or ceramic serving bowl. (You can also shake it up in mason jars and then pour into bowl,) Cover and store in fridge overnight. Top with chopped fruit and nuts (optional). Enjoy!

### Notes

- Use organic ingredients whenever possible
- Vegan, Gluten-free, Dairy-free
- Inspired from recipe by Jillian Bobowicz. For more recipes as healthy and delicious as this one visit <http://www.vitalandwell.com>

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