

Eat Smart • Move More

Chocolate Chia Pudding

Prep Time: 5 minutes

Total Time: 3 hours



Ingredients

- 1 cup 1% milk
- 3 tablespoons chia seeds
- 4 teaspoons honey
- 1 tablespoon cocoa powder
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt
- 1 ½ cups your favorite fruit

Nutrition Facts

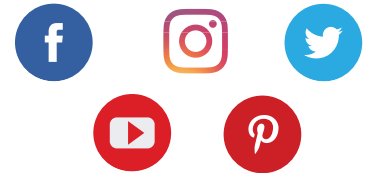
2 servings per container		
Serving size		1 serving
		(253.44g)
Amount per serving		260
Calories		
		% Daily Value*
Total Fat	9g	12%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	200mg	9%
Total Carbohydrate	39g	14%
Dietary Fiber	14g	50%
Total Sugars	22g	
Includes 11g Added Sugars		22%
Protein	9g	
Vitamin D	1mcg	8%
Calcium	311mg	25%
Iron	3mg	15%
Potassium	418mg	8%

*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, whisk milk, chia seeds, honey, cocoa powder, vanilla, and salt together.
- 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 coconut flakes or slivered or chopped nuts.

(Recipe adapted from: <https://foodandnutrition.org>.)

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