

Chocolate Cherry Chia Pudding

5 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1/4 cup Chia Seeds

1 cup Plain Coconut Milk (unsweetened, from the carton)

1/4 cup Chocolate Protein Powder

3/4 cup Cherries (pitted)

1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving

| | | | |
|-----------------|-----|--------------------|-------|
| Calories | 252 | Cholesterol | 2mg |
| Fat | 12g | Sodium | 38mg |
| Carbs | 23g | Vitamin A | 283IU |
| Fiber | 8g | Vitamin C | 4mg |
| Sugar | 10g | Calcium | 423mg |
| Protein | 14g | Iron | 3mg |