

Oh Yum! Part III: Chocolate Chia Pudding

Goodness does not need to be complicated and neither do sweet treats! If you have never tried your hand at chia pudding, now is the time. If you have experimented a bit, have you ever added raw cacao? This one ingredient is a total game changer in my book and certainly one you need to try at some point. The beauty of chia pudding is that it makes such a simple straightforward base to a host of inviting flavors. Hold the cacao if you prefer and consider toasted coconut and mango or a mix of ripe sweet berries. So have some fun, play around with this recipe, but at least once give in to the cacao!



Ingredients

1 1/4 cup unsweetened non-dairy milk (*Califia farms unsweetened almond or organic canned coconut milk happen to be*

my favorites)

1/4 cup chia seeds

3 tablespoons raw cacao powder (I recommend Navitas)

Dash of pink Himalayan sea salt

1 tablespoon organic maple syrup or raw honey

Dark Chocolate shavings for garnish (I sub raw cacao nibs and
toasted almonds)

Full Instructions Here