

### CHIA CHOCOLATE PUDDING

#### Ingredients:

$\frac{3}{4}$  cp almond, coconut or rice milk

2 tablespoons honey or  $\frac{1}{4}$  teaspoon stevia

1 tablespoon pure vanilla extract

3 – 4 tablespoons chia seeds (3 for soup-like, 4 for a more thick, pudding-like consistency)

1 tablespoon organic cocoa powder

#### Method:

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Add all ingredients into a container with an air-tight lid, in the order listed above, liquids first

Whisk well or stir vigorously with fork until cocoa powder is well combined with the rest of the ingredients

Refrigerate for at least 6 hours or overnight

When ready to eat, stir well again

Adjust thickness and sweetness according to your taste