

# Overnight Chocolate Chia Seed Pudding

## Ingredients:

- ¼ cup unsweetened cocoa powder
- 3 Tbsp honey
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- 1 ½ cups Almond milk Unsweetened
- ½ cup chia seeds

## Instructions:

1. To a small mixing bowl add cacao powder, honey, ground cinnamon, and vanilla, whisk to combine.
2. Then add almond milk slowly. Stir in chia seeds.
3. Cover and refrigerate overnight, or at least 5 hours.
4. Serve chilled with desired toppings, such as fruit, granola, or whipped cream.

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **191**

% Daily Value\*

**Total Fat** 7.7g **10%**

Saturated Fat 0.4g **2%**

**Cholesterol** 0mg **0%**

**Sodium** 58mg **3%**

**Total Carbohydrate** 26.3g **10%**

Dietary Fiber 12.2g **44%**

Total Sugars 13g

**Protein** 7.5g

# WHY YOU SHOULD EAT MORE: CHIA SEEDS

JUST 2 TABLESPOONS OF CHIA SEEDS CONTAIN:

64% MORE  
POTASSIUM  
THAN A BANANA

6X MORE  
CALCIUM  
THAN MILK

100% MORE  
OMEGA-3  
FATTY ACIDS THAN  
SALMON



DOUBLE THE  
ANTIOXIDANTS  
FOUND IN  
BLUEBERRIES

41% OF YOUR  
DAILY FIBRE

MORE NIACIN THAN  
CORN, RICE & SOY

6X MORE IRON  
THAN SPINACH

32% OF YOUR DAILY  
MAGNESIUM

