

## Chocolate Almond Chia Pudding

Craving something sweet? Chia pudding is a great way to honor your hunger and taste buds. Plus, it's packed with many nutrient benefits! Try this recipe as a make-ahead snack that you can keep in your fridge for 4 days.

### **Ingredients** (makes 2 servings)

- 1/4 cup chia seeds
- 1 cup almond milk (or other milk of your choosing)
- 2 tablespoons cocoa powder
- 1 teaspoon vanilla extract
- 1 tablespoon maple syrup
- 2-3 tablespoons Almond butter
- 2-3 tablespoons slivered almonds



### **Instructions**

1. Add almond milk to chia seeds. Let sit in the fridge for at least 1 hour.
2. Add cocoa powder, vanilla extract, and maple syrup. Blend in a blender or food processor until smooth and creamy.
3. Layer pudding with almond butter, slivered almonds, and top with berries or shredded coconut.

### **Key Nutrients**

**Almonds** – Great source of protein and fiber; great source of vitamin E which boosts immune function and supports muscle recovery

**Chia Seeds** – Rich in fiber and some carbs and protein; great source of omega 3's for brain health and anti-inflammatory properties

**Almond milk** – Rich source of vitamin D for strong bones

