

Chocolate Chia Seed Pudding

Description

Easy and delicious!

Sweetened with maple syrup and topped off with fresh fruits and chocolate bark, there's no reason why you can't enjoy this healthy nutritious snack as a dessert as well!

You can't go wrong with a chia pudding, that's for sure.

For more info on the Chocolate Bark, check this page: [CHOCOLATE BARK](#)

Ingredients

1 2/3 cup canned coconut milk (400 mL)
8 tbsp chia seeds (65 g)
2 to 3 tbsp maple syrup (30 to 45 ml)
1/4 tsp vanilla extract (2 mL)
2 tbsp cocoa powder (10 g)
Seasonal fruits
Chocolate bark

Directions

- 1 Mix all ingredients using a immersion blender or a whisk.
- 2 Place in the refrigerator for 1/2 hours or until the Chia seeds turn jelly-like and the mixture thickens.
- 3 Serve topped with fresh seasonal fruit and chocolate bark.

Black Bean Chocolate Pudding

1 can blk beans
1/2 c. maple syrup
1/4 c. cocoa
1 tsp vanilla
1/2 tsp salt