



# Chocolate Chia Pudding

Shine 365  
Marshfield Clinic

PREP TIME: 15 minutes • TOTAL TIME: 4 hours, 15 minutes • SERVINGS: 2

## INGREDIENTS

- 1 ½ cups unsweetened vanilla almond milk
- ⅓ cup chia seeds
- ¼ cup unsweetened cocoa powder
- 3 tablespoons pure maple syrup
- ½ teaspoon mini chocolate chips

## INSTRUCTIONS

Combine all ingredients in blender. Blend until smooth.

Cover and let rest overnight or at least four hours. Top with chocolate chips or fresh fruit if desired.

## NUTRITION INFORMATION

Each serving contains 135 calories; 5 g fat; 8 g fiber; 5 g protein.