

Chocolate Chia Pudding



Serves: 1



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

2 tablespoons Chia seed
1 cup water
3 tablespoons raw Cacao Powder
4 tablespoons Agave (or Honey or Brown Rice syrup)
1 piece (or you can also use 2 Bananas or 1 peeled Mango) – the fruit will make it a little sweeter than the Avocado so you can always cut the sweetener back a tbsp
1 teaspoon Vanilla

PREPARATION

1. 2 tablespoons Chia seed in 1 cup water and let soak for at least an hour – the longer the better as the softer the seed becomes but it will work with an hour. It will become gelatinous, and I did add a little more water to mine as it got a bit too thick, add up to 1/2
2. Once the Chia has soaked for at least an hour, throw all ingredients into a Vitamix or Blender and blend until smooth
3. If you are going to serve it right away, throw in 2-3 ice cubes to make it cooler.