



## CHOCOLATE CHIA PUDDING

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts  
Low disaccharides

**Prep time:** 5 mins

**Cook time:** nil cooking but overnight refrigeration before ready.

**Serves:** 4



### **INGREDIENTS**

- 1 x 400ml can coconut milk
- '1 cup water
- 1/2 cup chia seeds (black or white)
- 2 1/2 tbsp cacao powder
- 1 tsp vanilla essence
- 1/4 cup natvia OR honey
- 2 pinches salt

### **METHOD**

- In blender put coconut milk, and beat for 10 seconds.
- Add water and chia seeds and mix well.
- Add sweetener (natvia or melted honey), cacao powder, vanilla essence and salt and mix well.
- Pour into serving dishes and refrigerate overnight.

**NOTES:** It takes quite some time for the chia seeds to absorb all the moisture, thus setting the pudding.

If preferred, substitute the cacao powder for 1 cup of blended blueberries.

Lovely served with blueberries and my [vanilla custard](#) or [coconut yoghurt](#)