



Dark Chocolate Chia Seed Pudding



Ingredients

- 1 1/3 cups oat milk
- 1/2 cup chia seeds
- 1/4 cup maple syrup
- 8 oz dark chocolate
- 2 cups fresh raspberries

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of added animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Estimated Time: 15 mins

Nutrition Per Serving

4 Servings (1/2 cup per serving)

Calories	280
Protein	5.2g
Total Carbohydrates	31g
Net	22.9g
Sugar	19g
Fiber	7.6g
Total Fat	16g
Saturated Fat	5.3g
Polyunsaturated Fat	3.1g
Monounsaturated Fat	0.8g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	25mg
Potassium	217mg
Phosphorus	121mg
Calcium	132mg

Directions

1. Heat the oat milk and maple syrup, bringing the liquid mixture to a simmer.
2. In a bowl, pour the heated milk and maple syrup liquid over the dark chocolate and let it set for 3-5 minutes until the chocolate has melted.
3. Next, stir in the chia seeds and let the mixture set for 5 minutes in the refrigerator.
4. Remove the chia seed mixture from the refrigerator and stir again. Let the mixture set for another 5 minutes.
5. Divide and pour the chia seed mixture into eight small jars or glasses.
6. Cover the eight servings with a secure lid and refrigerate for at least 2 hours.
7. Then, remove the chilled chia seed mixture from the refrigerator and place fresh raspberries on top before serving.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Recipe provided by
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