

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## DOUBLE CHOCOLATE CHIA PUDDING

### INGREDIENTS

- ½ Unsweetened Chocolate Almond or Coconut Milk
- 2 tablespoons Chia Seeds
- 1 tablespoon Cocoa Powder
- Chocolate (grated) - optional
- 1 tablespoon sweetener of your choice (or to taste)
- Berries (garnish)

### STEPS

1. Combine all ingredients in a small jar or blend prior to placing in a jar.
2. Place in refrigerator for a few hours until it thickens or leave in overnight.