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Recipe for the month of May

This velvety Chocolate Chia Seed Pudding is a must-have in every kitchen. It's a delightful dessert for any time of day, sure to satisfy your sweet tooth with every spoonful!





Chocolate chia seed pudding

1 ½ cups unsweetened non-dairy milk
¼ cup maple syrup, or any other tolerated sweetener
1 tsp. vanilla
¼ cup unsweetened cocoa powder
½ cup chia seeds

Preparation:

1. Add all the ingredients to a small or medium-sized mixing bowl and whisk until everything is well combined.
2. Let the pudding mixture sit for 10 minutes, giving the chia seeds time to gel and firm up. Then, whisk everything once more.
3. Cover and place in the fridge for at least 3 hours. But overnight is best.
4. Remove the chia pudding from the refrigerator, stir with a spoon, and pour into small dessert bowls or glasses.
5. Top with frozen or fresh fruit and serve. You can make chocolate chia seed pudding up to 3 days in advance as a healthy make-ahead breakfast or dessert. Just be sure it is stored in an airtight container and kept in the refrigerator.

Source: <https://shaneandsimple.com/chocolate-chia-seed-pudding/>