



RECIPES

Smooth Mocha Chia Pudding

INGREDIENTS:

- 1/3 cup whole chia seeds
- 2 Tbsp cocoa powder
- 1/4 tsp vanilla powder or extract
- 1/4 tsp espresso powder
- pinch of sea salt
- 1 cup unsweetened non-dairy milk
- 2 Tbsp pure maple syrup

INSTRUCTIONS:

1. Grind the chia seeds in a high-speed blender until powdered (make sure the blender container is completely dry first). Add the remaining ingredients and blend until smooth. This may take a couple of minutes. Be sure to stop and scrap down the sides and bottom of the container too, otherwise you might find globs of chia at the bottom!
2. Transfer the pudding to a container, cover and chill in the fridge for an hour or two before serving.

Makes 1-2 servings

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