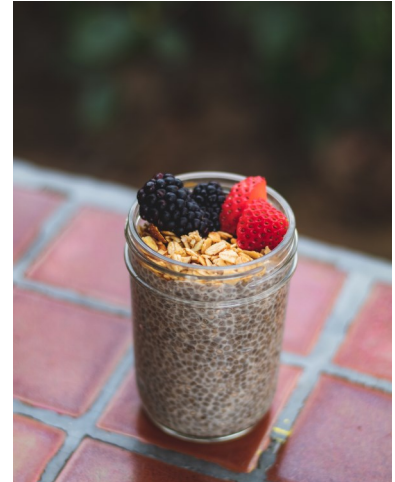


Chocolate Chia Pudding

Ingredients:

2 cups unsweetened vanilla almond milk
6 Tablespoons chia seeds
2 Tablespoons unsweetened cocoa powder
5 medjool dates (or more to taste), pitted
¼ teaspoon vanilla extract



*VEGAN



*GLUTEN-FREE

Nutrition Facts

4 servings per container
Serving size 1/2 cup (108g)

Amount per serving
Calories 130

% Daily Value*

| | |
|-------------------------------|-----------|
| Total Fat 4.5g | 6% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 60mg | 3% |
| Total Carbohydrate 21g | 8% |
| Dietary Fiber 5g | 18% |
| Total Sugars 13g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 1mcg | 6% |
| Calcium 146mg | 10% |
| Iron 1mg | 6% |
| Potassium 275mg | 6% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Place all the ingredients in a blender and blend until smooth. Taste and add more dates or cocoa powder to your taste. You can also add other spices, like cinnamon, to taste.
2. Pour the mixture into an airtight container and refrigerate overnight.
3. Serve topped with berries or the fruit of your choice.

*Keep any leftovers in the refrigerator and consume in five days.

Recipe by Maggie Carneiro, Dietitian