



# Cocoa-Chia Pudding with Raspberries

## Ingredients *Serves 1*

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| ½ cup unsweetened almond milk or other nondairy milk | ¼ teaspoon vanilla extract                   |
| 2 tablespoons chia seeds                             | ½ cup fresh raspberries, divided             |
| 2 teaspoons pure maple syrup                         | 1 tablespoon toasted sliced almonds, divided |
| ½ teaspoon unsweetened cocoa powder                  |  |

## Preparation *Active Time: 10 minutes Total Time: 8 hours 10 minutes*

**STEP 1:** Stir almond milk (or other nondairy milk), chia, maple syrup, cocoa, and vanilla together in a small bowl.

**STEP 2:** Cover and refrigerate for at least 8 hours and up to 3 days.

**STEP 3:** When ready to serve, stir well. Spoon about half the pudding into a serving glass (or bowl) and top with half the raspberries and almonds.

**STEP 4:** Add the rest of the pudding and top with the remaining raspberries and almonds.

## Nutrition *Per Serving*

227 Calories, Total Fat: 11 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Carbohydrates: 28 g, Fiber: 12 g, Total Sugars: 11 g, Added Sugars: 8 g, Protein: 6 g, Sodium: 99 mg, Potassium: 352 mg, Folate: 27 mcg

**Calcium: 436 mg**