

Chia Chocolate Pudding

Ingredients

½ c chia seeds	big pinch of salt <u>and</u> cinnamon
2 c almond milk (or any milk)	2-3 Tbsp agave (or maple syrup)
4 Tbsp cocoa powder	optional: chopped toasted walnuts or raspberries

Directions

In a large jar, combine chia seeds, milk, cocoa, salt, cinnamon and agave; shake to mix thoroughly. Refrigerate for 30 minutes, shake again then divide between 4 ramekins or parfait dishes. Refrigerate again for at least 4 hours, or overnight. When ready to enjoy top with optional walnuts or raspberries. Serves 4.

Single serving: 2T chia, ½ c milk, 1T cocoa, small pinch of salt & cinnamon & 1-2 tsp agave.

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Cooking with Care by Amy Sokol - www.cookingwithcare.com