

Black Forest Chia Pudding

This is a dessert with many benefits. The chia seeds provide anti inflammatory omega 3 fats and fibre which is excellent for digestive health. The cocoa powder and cherries are also a great sources of antioxidants.



Ingredients

- 1 tbsp chia seeds
- 4 tbsp/60ml oat or other plant based milk
- 1 tbsp cocoa powder
- 1 tsp honey or maple syrup
- 50g cherries (frozen or fresh)

- 1 square/10g 70% chocolate or 1 tsp of cacao nibs (optional)



Serves : 1

Nutrition per serving:

Calories : 195

Protein: 5g

Carbs: 25g

Fat: 8g

Fibre : 7g

Method

- *In a small bowl combine the chia seeds, oat milk, half the cherries (chopped), honey and cocoa powder.
- *Mix well and transfer to your serving glass, bowl or jar.
- *Place in the fridge for at least 1 hour or overnight.
- * To serve, top with the remainder of the cherries and some dark chocolate (chopped into chunks or shavings using a grater) or cacao nibs for some crunch.

Recipe Notes

You can use any type of berries: strawberries and raspberries go well.