

CACAO CHIA PUDDING

EASY RECIPE FOR A DELICIOUS SUGAR FREE PUDDING



INGREDIENTS

- **400ml tin of coconut milk**
- **4 tbsp chia seeds**
- **1 tsp erythritol / stevia (according to product instructions & taste)**
- **2 tbsp cacao powder**
- **1 cup fresh/frozen blueberries/ raspberries**
- **toasted nuts to serve**

DIRECTIONS

1. Mix milk, chia, natural sweetener and cocoa powder in a large bowl.
2. Stir in the berries.
3. Place mixture into small glasses or ramekins, and place in the fridge for at least 3 hours.
4. Toast some nuts and serve!