

CACAO CHIA PUDDING

EASY RECIPE FOR A DELICIOUS SUGAR FREE PUDDING



INGREDIENTS

- 400ml tin of coconut milk
- 4 tbsp chia seeds
- 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!