



*cara price*

## CHOCOLATE CHIA PUDDING

### INGREDIENTS

- 1 can full fat coconut milk
  - 8 large, pitted dried medjool dates
  - 15 drops clear liquid stevia (optional)
  - 2 tablespoons cocoa powder
  - 2 tablespoons chia seeds, divided
  - 4-6 small jars or ramekins
- optional toppings:
- 1/4 cup sliced almonds
  - coconut whipped cream

### DIRECTIONS

in a high speed blender, place the coconut milk, dates, stevia, cocoa powder & 1 tablespoon of the chia seeds.

blend on high until the dates have been completely processed & smooth. {this takes my blender about 45 seconds on the 'smoothie' setting}

add in the remaining tablespoon of chia seeds & pulse 3-5 times.

pour pudding into individual jars or small ramekins.

refrigerate for 4 hours before serving. these will keep for 1 week in the fridge but don't expect them to last that long.

serves 4-6