

# Cacao Chia Pudding with Berries

## Ingredients

- 1½ cups unsweetened milk of choice (almond, oat, or dairy)
- ¼ cup chia seeds
- 2 tablespoons unsweetened cacao or cocoa powder
- 1–2 tablespoons maple syrup or honey (to taste)
- 1 teaspoon vanilla extract
- Pinch fine sea salt
- ½ cup fresh berries, for topping

## Instructions

1. In a medium bowl or jar, whisk milk, cacao, maple syrup, vanilla, and salt until the cacao is fully dissolved and the mixture looks uniform (no dry cacao on the sides).
2. Whisk in chia seeds, mixing for 20–30 seconds so no clumps form.
3. Rest 10 minutes at room temperature, then whisk again to break up any settling.

4. Cover and refrigerate at least 4 hours, preferably overnight, until thick and pudding-like.
5. Stir before serving and top with berries.

### Notes and Storage

- If too thick, whisk in a splash of milk just before serving.
- Keeps 3–4 days refrigerated in a sealed container.