

# Chocolate Chia Pudding

## Ingredients

- ½ cup chia seeds
  - 2 cups unsweetened almond milk (or coconut milk for a richer flavor)
  - 3 tablespoons unsweetened cocoa powder
  - 3 tablespoons pure maple syrup or honey (adjust to taste)
  - 1 teaspoon vanilla extract
  - Pinch of sea salt
  - Optional toppings: fresh berries, banana slices, shredded coconut, or cacao nibs
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## Instructions

### 1. Mix the base

- In a medium bowl, whisk together almond milk, cocoa powder, maple syrup, vanilla, and sea salt until smooth.
- Make sure the cocoa powder is well dissolved.

### 2. Add the chia seeds

- Stir in the chia seeds, making sure they're evenly distributed.
- Let the mixture sit for 5 minutes, then stir again to prevent clumping.

### 3. Refrigerate

- Cover the bowl and refrigerate for at least 4 hours, preferably overnight, until the pudding thickens to a creamy texture.

### 4. Serve

- Spoon into small bowls or jars.
- Top with fresh fruit, shredded coconut, or cacao nibs before serving.

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## Benefits

- Chia Seeds → Rich in omega-3 fatty acids, fiber, and plant-based protein that support healthy skin and digestion.
- Cocoa Powder → Contains flavonoids and antioxidants that improve circulation and protect skin from oxidative stress.
- Almond Milk → Provides vitamin E, which helps maintain skin elasticity and hydration.

- Maple Syrup/Honey → Natural sweeteners that add minerals without refined sugar.
- Berries/Banana Toppings → Add vitamin C, potassium, and antioxidants for collagen production and skin glow.