

Chocolate Chia Seed Pudding

{vegan-magic.blogspot.com}

Adapted from Food Doodles' recipe at

fooddoodles.com/2011/03/15/chocolate-chia-seed-pudding

Makes about 3/4 cup

Vegan

Ingredients

1/2 cup homemade almond milk (use unsweetened, if store-bought)

2 Tb chia seeds

3 soft dried dates

1 1/2 Tb good-quality cocoa powder

1/2 tsp vanilla extract

Instructions

Pour the almond milk in a bowl and add the chia seeds. Stir immediately so no lumps are formed. Cover the bowl with cling film and let it sit on the table for 3-4 hours until the chia seeds are fully expanded.

Halve and pit the dates. Chop them very finely and mash with a fork to make a paste. Add cocoa powder and 2 Tb chia seed mixture and mix well with a fork. Add the remaining chia mixture and mix well.

Finally stir in vanilla. Chill in the fridge covered with cling film for 30 minutes to 1 hour before serving. Garnish with pomegranate arils, hemp seeds, raspberries, chopped nuts or serve plain.

Notes:

For convenience, you could mix everything and allow the pudding to thicken on your kitchen table or in the fridge. I made this in 2 steps, because that's what worked for me.

You can use any dates you want as long as they are soft. When I need a lot of date paste I use my mini food processor, but in this case 3 dates were more than enough for sweetness and it took me just a couple of minutes to chop and mash them into a smooth paste with a fork.

If you enjoyed the recipe please leave your feedback in a comment on the blog and use the share options to spread the magic. Thank you in advance!

Recipe with Step-by-step Pictures at
vegan-magic.blogspot.com/2013/04/chocolate-chia-seed-pudding

Recipe for Homemade Almond Milk at
vegan-magic.blogspot.com/2012/05/raw-almond-milk

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