

Chocolate Chia Pudding (gluten-free, dairy-free)

Both chia seeds and raw cacao have numerous cardiovascular benefits. Combine that with coconut milk's antimicrobial effect and you've got a luscious superfood dessert or breakfast dish.

Serves 2

Ingredients:

- ¼ C chia seeds
- 8 oz full-fat canned coconut milk
- 1 TB maple syrup
- 1 TB raw cacao powder
- ½ C chopped organic strawberries or bananas (optional)

Directions:

Place the first four ingredients in a mason jar with a tight fitting lid. Close and shake well to combine, then store in the fridge overnight. Top with fruit in the morning and enjoy.