

Choco Fever Dream

High Protein Chocolate Chia Seed Pudding

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 1/4 cup chia seeds
- [ ] 2 cups unsweetened almond milk
- [ ] 1/2 cup chocolate protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Fresh berries
- [ ] Cocoa nibs
- [ ] Sliced banana
- [ ] A drizzle of almond butter

Instructions

1. In a large bowl, whisk together the chocolate protein powder, cocoa powder, and chia seeds until evenly combined.
2. Gradually pour in the almond milk while whisking to avoid lumps. Add maple syrup, vanilla, and a pinch of salt; stir until smooth.
3. Cover the bowl and refrigerate. For a smoother texture, give the mixture a gentle stir after 30 minutes.
4. After at least 4 hours, or overnight, spoon the pudding into serving glasses. Top with your choice of berries, cocoa nibs, or a drizzle of almond butter. For extra inspiration, try the cheesecake jars version.
5. Enjoy slowly, letting the cool chocolate flavor settle, and remember that a small pause can make the moment feel richer.

Nutrition per serving

210 kcal	20 g	18 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding seems too thick, whisk in a little extra milk before serving.
- A quick banana bread snack pairs nicely with the leftovers.
- Taste the pudding before adding extra sweetener; the maple syrup already provides gentle sweetness.