

Choco Fever Dream

Tiramisu Chia Pudding – High Protein Gluten-Free Dessert

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

Ingredients

Pudding Base

- [ ] 1/2 cup chia seeds
- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp maple syrup or honey
- [ ] 1 tsp vanilla extract
- [ ] 1/2 cup strong brewed espresso, cooled

Optional Toppings

- [ ] Cocoa powder for dusting
- [ ] A few coffee beans
- [ ] Fresh berries or sliced banana

Instructions

1. In a bowl, whisk together Greek yogurt, cocoa powder, maple syrup, vanilla, and the cooled espresso until smooth.
2. Stir in chia seeds, ensuring they are evenly distributed; the mixture will look a bit watery at first.
3. Cover and let the pudding sit at room temperature for 5 minutes, then give it another stir to break up any clumps.
4. Refrigerate for at least 30 minutes, or up to 4 hours, until the chia has swollen and the pudding is thick.
5. Before serving, dust the top with cocoa powder, add a few coffee beans, and arrange fresh berries if desired.

Nutrition per serving

280 kcal	14 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter pudding, add a little more honey after the chia has bloomed.
- For extra protein, stir in a scoop of vanilla whey protein before refrigerating.
- Taste the espresso before mixing; a stronger brew yields a more pronounced tiramisu flavor.