

Chocolate Cherry Chia Pudding

A nutritious, filling and chocolatey treat that will bring a smile to your face. Super easy to make.

Preparation Time: 10 min.

Setting Time: 2- 3 hours

Servings: 4

Amount	Ingredient	Cost - date:
1 cup (250 ml)	Pitted Dark Sweet Cherries (if frozen, thaw and drain)	
¼ cup (50 ml)	Black Chia Seeds	
1 Tbsp (15 ml)	Unsweetened Cocoa Powder	
1 cup (250 ml)	Milk OR Unsweetened Milk Alternative	
¼ tsp (1 ml)	Vanilla Extract (or more)	
5 tsp (25 ml)	Honey	
1 tsp	Almond flavouring (optional)	
		Cost for the total recipe:
		Cost for 1 serving:

Preparation:

1. Slice cherries in half, place in small bowl and refrigerate until needed
2. Stir chia seeds and cocoa together in a bowl, pour in milk, vanilla and honey. Stir well, cover and refrigerate for 1 to 2 hours or until the chia seeds have absorbed all the liquid. Divide pudding among four small serving bowls; top with cherries. (Could also mix cherries in with the pudding).
Serve.

Source: www.pc.ca from Lisa I

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!