



Berry Chocolate Chia Pudding

Yield: 4 servings

Ingredients

- ½ ripe avocado, halved and pitted
- 1¼ cups strawberries, blueberries, or other berries of choice
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons almond butter
- ½ cup maple syrup
- 1½ cups unsweetened almond milk
- ¼ cup chia seeds
- Optional garnishes: fresh berries, raw nuts, cacao nibs

Instructions

1. Scoop out the flesh from the avocado and place it in a blender or food processor. Next, add the berries, cocoa powder, almond butter, maple syrup, and almond milk.
2. Blend until completely smooth and then pour into a bowl. Whisk in the chia seeds until they are evenly distributed. Cover and refrigerate for at least 8 hours
3. Divide the pudding among 4 small dessert bowls, garnish as desired.



Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

X23178 LD555 © Spectrum Health 11.2019

Nutrition Information **Serving Size: ¾ cup**

Calories: 281 | Total Fat: 12.4 g | Saturated Fat: 1.4 g | Monounsaturated Fat: 5.4 g | Polyunsaturated Fat: 4.4 g
Sodium: 79.5 mg | Total Carbohydrate: 42.4 g | Dietary Fiber: 9.1 g | Sugars: 27.1 g | Protein: 5.7 g

Source: The How Not to Die Cookbook