



Long Livo

High Protein Chocolate Chia Seed Pudding

10 min

Prep time

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

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

Calories

20 g

Protein

18 g

Carbs

7 g

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.