



Long Livo

Tiramisu Chia Pudding – High Protein Gluten-Free Dessert

10 min

Prep time

Easy

Difficulty

10 min

Total time

Italian

Cuisine

4

Servings

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

Calories

14 g

Protein

30 g

Carbs

9 g

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.