

CHOCOLATE CHIA PUDDING

Makes 4 Servings

INGREDIENTS:

- 1 cup vanilla soy milk
- 1 cup low-fat Greek vanilla yogurt
- 1/4 cup chia seeds
- 2 tablespoons agave nectar
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Pinch of salt

Optional toppings: Fresh berries, shredded, unsweetened coconut, slivered almonds, mini chocolate chips

DIRECTIONS:

1. In a medium bowl, whisk together the soy milk, Greek yogurt, chia seeds, agave, cocoa powder, vanilla extract, and salt. Cover and place in the fridge. After about 30 minutes, whisk again to recombine the chia seeds, and refrigerate a minimum of 3 hours to overnight. The next day, remove from the refrigerator, serve in individual bowls, and add toppings of your choice.
2. You can also add all ingredients to a quart-size Mason jar, shake vigorously, and refrigerate overnight.

Nutrition Information per Serving (1/2 cup):

160 calories, 4.5g fat (0g saturated, 1.9g omega-3), 80mg sodium, 21g carbohydrates, 5g fiber, 9g protein, 20% calcium

My made over chocolate pudding is lower in carbs and higher in protein and fiber than the traditional version.

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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