



CHOCO CHIA PUDDING

with Choc-o-lotta



Servings: 2 People ⌚ Less than 10 minutes

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Inside Tips: After adding milk to the chia seeds, stir well, until all the chia seeds have been distributed evenly into the milk. There shouldn't be any clumps left. Wait about 10 minutes and give it one more last stir. If you notice your chia seeds aren't starting to gel and thicken after 15 minutes, you may have dud chia seeds. This can happen if they've been sitting in your pantry a while. Just grab a new bag of chia seeds. You can always add more milk for a thinner texture, if you feel your chia pudding is a bit too thick.

WHAT YOU NEED

Ingredients

- 1/3 Choc-o-lotta Dilettoso Mix
- 1 Scoop Protein Powder (Optional)
- 1/2 Cup Milk of Choice
- 1 Ripe Banana
- 1 Tablespoon Almond Butter
- 2 Tablespoons Chia Seeds
- 1/4 Milk of Choice or Water (to make Chia Pudding)
- Toppings: Fresh Strawberries, Bananas, and Crushed Nuts

HOW TO DO IT

1. **POUR** 1/4 cup of water or milk of choice, in a bowl. Add chia seeds and stir until well combined.
2. **SET** aside. Chia seeds will start absorbing the liquid which will result in a jelly consistency.
3. **BLEND** Milk of choice, a ripe banana, Choc-o-lotta Dilettoso Mix, protein powder (optional), almond butter, at high speed, in a blender or food processor.
4. **ADD** your choco mixture to the chia pudding bowl, and stir to combine.
5. **POUR** your choco chia pudding in a glass jar.
6. **ADD** a generous layer of Greek yogurt, top with fresh strawberry and banana slices. A sprinkle of crushed nuts, and enjoy!

Buon Appetito!