



MEXICAN CACAO CHIA YOGURT PUDDING

300 Kcal | 14g Proteins | 10g Fats | 42g Carbs | 10g Fibers

Ingredients

2 oz. (60g) chia seeds	3 tbsp. raw cocoa powder
4 fl. oz. (120ml) boiled hot water	1 tsp. ground cinnamon
3 tbsp. honey	½ tsp. chili powder
2 tsp. vanilla extract	2 bananas, sliced
pinch of salt	2 tbsp. cacao nibs
13.2 oz. (375g) Greek yogurt	2 tbsp. walnuts
12 fl oz. (360ml) almond milk, unsweetened	

What you need to do

- ☑ Place the chia seeds and hot water into a bowl and set aside to cool for 5 minutes.
- ☑ Stir in the honey, vanilla extract and a pinch of salt. Now add the yogurt, almond milk, cocoa powder, cinnamon, chili powder, and whisk to combine.
- ☑ Prepare 4 glasses or jars and fill them up almost half way with the chia pudding. Next layer with sliced banana, before covering with the remaining pudding. Top the puddings with the remaining banana, cacao nibs, and walnuts.
- ☑ Set aside in the refrigerator to chill for 1 hour before serving.
- ☑ These puddings can be stored in the refrigerator for 4-5 days.



Serves

4



Prep. Time

10 minutes



Cook

10 minutes