

COCOA-BANANA CHIA PUDDING

Gluten Free • Dairy Free • Delicious



- Prep Time: 10 minutes
- Ready in: 2 hours



Ingredients

- 2 large, very ripe bananas
- 1-15 ounce can full fat coconut milk
- 1/2 cup chia seeds
- 1/4 cup unsweetened cocoa powder*
- 2 teaspoons stevia blend sweetener, such as Pyure (or the equivalent of 4 teaspoons cane sugar)
- 1 teaspoon pure vanilla extract

Notes

Make sure to check the cocoa powder for dairy ingredients. We like Trader Joe's or Hershey's, but always double check the label for yourself.

Method

01

Using an immersion blender (or a regular blender or food processor if you don't have one), whirl the bananas until completely smooth.

02

Next, add the coconut milk, cocoa powder, sweetener, vanilla and salt. Whisk until combined. Give it a taste and adjust for sweetness, if needed.

03

Finally, add the chia seeds and stir to combine. Divide the pudding into individual dishes if you want to, or put a cover over the mixing bowl. Chill for at least two hours to give the chia seeds time to work their thickening magic. Best served chilled.

