

Chocolate Chia Pudding

A Rich, Creamy Chocolate Treat Packed With Fiber and Healthy Fats

If you're craving something chocolatey but want a more nourishing option, this Chocolate Chia Pudding is an easy dessert, snack, or make-ahead breakfast. It combines chia seeds, unsweetened cocoa powder, almond milk, vanilla, and pure maple syrup to create a rich chocolate pudding without the heavy ingredients found in many traditional desserts.

Chia seeds are also nutritional powerhouses. They're rich in fiber, plant-based omega-3 fatty acids, and several important minerals. Unsweetened cocoa provides plenty of chocolate flavor without requiring a large amount of added sugar.

And if you love chocolate pudding but aren't crazy about the texture of whole chia seeds, there's an easy solution: **blend the pudding after it has chilled** for a smoother, more traditional pudding consistency.

Chocolate Chia Pudding Recipe

Prep Time: 10 minutes

Chill Time: 4 hours or overnight

Total Time: 4 hours 10 minutes

Servings: 2

Ingredients

- $\frac{1}{4}$ cup chia seeds
- $\frac{7}{8}$ cup ($\frac{3}{4}$ cup + 2 tablespoons) unsweetened almond milk, or milk of choice
- 2 tablespoons unsweetened cocoa powder
- 2 to $2\frac{1}{2}$ tablespoons pure maple syrup, depending on desired sweetness

- $\frac{1}{2}$ teaspoon vanilla extract
- Pinch of sea salt

Optional Toppings

- Fresh strawberries
- Raspberries
- Blueberries
- Sliced banana
- Unsweetened coconut flakes
- Dark chocolate shavings
- Chopped almonds or walnuts
- Hemp hearts
- Cacao nibs

Instructions

Step 1: Combine the Ingredients

In a medium bowl, mason jar, or container, combine the chia seeds, almond milk, cocoa powder, maple syrup, vanilla extract, and sea salt.

Use **2 tablespoons of maple syrup** for a moderately sweet pudding.

For a sweeter, more dessert-like chocolate flavor, use **$2\frac{1}{2}$ tablespoons**.

Step 2: Whisk Thoroughly

Whisk the mixture very well until the cocoa powder is fully incorporated.

Make sure to break apart any cocoa clumps and scrape the sides and bottom of the bowl so everything is evenly combined.

At this stage, the mixture will still look fairly thin. **Don't**

add more chia seeds yet. The pudding needs time to thicken.

Step 3: Let It Rest and Stir Again

Allow the mixture to sit at room temperature for approximately **10 minutes**.

Then whisk or stir it thoroughly a second time.

This second stir is especially important because chia seeds can sink to the bottom or stick together as they begin absorbing liquid.

Step 4: Refrigerate

Cover the pudding and refrigerate for at least **4 hours**.

For the thickest texture, refrigerate it **overnight**.

The chia seeds will gradually absorb the almond milk and maple syrup, producing a thick, spoonable pudding consistency.

Step 5: Check the Texture

Once chilled, give the pudding another good stir.

Choose Your Preferred Texture

Classic Chia Pudding

For traditional chia pudding, simply stir and serve after chilling.

You'll still be able to feel the individual chia seeds, giving the pudding its characteristic slightly textured consistency.

Smooth Chocolate Pudding

If you prefer something closer to traditional chocolate

pudding, refrigerate the chia pudding **until it has completely thickened first.**

Then transfer it to a blender and blend for approximately **30–60 seconds**, or until smooth and creamy.

If blending makes the pudding thicker than you'd like, add almond milk **1 tablespoon at a time** until it reaches your preferred consistency.

Starting with a small amount is important—you can always add more milk, but you can't easily remove it once the pudding becomes too thin.

Step 6: Serve

Divide the pudding between two dessert bowls, glasses, or small jars.

Enjoy it plain or finish it with your favorite toppings.

Some delicious combinations include strawberries and dark chocolate shavings, banana and chopped walnuts, blueberries and hemp hearts, or a light sprinkle of unsweetened coconut.

Serve chilled.

Helpful Tips

Don't Skip the Second Stir

Stirring the pudding again after approximately 10 minutes prevents the chia seeds from collecting at the bottom and helps produce a more uniform consistency.

Give It Enough Time

Although the pudding can set in approximately four hours,

overnight refrigeration will generally produce the thickest and creamiest texture.

Start With 2 Tablespoons of Maple Syrup

If you're unsure how sweet you want the pudding, start with **2 tablespoons**.

If you prefer a sweeter chocolate dessert, increase it to **2½ tablespoons**.

Don't Add Extra Milk Too Early

The pudding will look thin immediately after you prepare it. That's normal.

Give the chia seeds several hours to absorb the liquid before deciding that the mixture needs adjusting.

If Your Pudding Is Too Thick

Stir in **1 tablespoon of almond milk at a time** until you reach your preferred consistency.

If Your Pudding Is Still Too Thin

Give it additional refrigeration time first. If it remains thinner than you'd like after chilling overnight, stir in approximately **1 teaspoon of chia seeds**, refrigerate again, and allow them time to absorb the additional liquid.

Nutrition Facts

Approximate nutrition per serving when prepared with 2 tablespoons of maple syrup and unsweetened almond milk:

- Calories: **about 218**
- Protein: **about 6 g**

- Total Fat: **about 10–11 g**
- Saturated Fat: **about 1 g**
- Carbohydrates: **about 29 g**
- Dietary Fiber: **about 11–12 g**
- Total Sugars: **about 12–13 g**
- Added Sugars: **about 12 g**

If Using 2½ Tablespoons of Maple Syrup

Approximate nutrition per serving:

- Calories: **about 231**
- Protein: **about 6 g**
- Total Fat: **about 10–11 g**
- Saturated Fat: **about 1 g**
- Carbohydrates: **about 32 g**
- Dietary Fiber: **about 11–12 g**
- Total Sugars: **about 15–16 g**
- Added Sugars: **about 15 g**

Nutrition Note: Nutritional values are estimates and will vary depending on the specific brands of chia seeds, almond milk, cocoa powder, maple syrup, and toppings used.

Why You'll Love This Recipe

- Rich chocolate flavor
- Thick and satisfying pudding texture
- Naturally sweetened with maple syrup
- No baking required
- High in fiber
- Provides plant-based omega-3 fats
- Easy to prepare ahead of time
- Works as breakfast, a snack, or dessert
- Can be served textured or blended smooth
- Naturally gluten-free
- Easy to customize with different toppings

Storage

Store Chocolate Chia Pudding in a covered airtight container in the refrigerator for up to **5 days**.

Because it continues to absorb moisture while refrigerated, the pudding may become slightly thicker over time. Simply stir in a small splash of almond milk before serving if needed.

Frequently Asked Questions

Can I use dairy milk instead of almond milk?

Yes. You can substitute dairy milk, soy milk, oat milk, coconut milk, or another milk of your choice.

Can I make Chocolate Chia Pudding vegan?

Yes. This recipe is vegan when prepared with plant-based milk and pure maple syrup.

Why didn't my chia pudding thicken?

A few things can affect the consistency. Make sure you're using the correct chia-to-liquid ratio, stir the mixture again after about 10 minutes, and allow it at least four hours to refrigerate.

Overnight chilling usually produces the best results.

Can I blend the chia seeds from the beginning?

You can, but for this recipe I recommend **letting the pudding thicken first and then blending it.**

This makes it easier to control the final consistency and produces the smooth, creamy texture you're looking for.

Can I freeze chia pudding?

Yes. Store individual portions in freezer-safe airtight containers for up to approximately **one month.**

Thaw overnight in the refrigerator and stir thoroughly before serving.

Is Chocolate Chia Pudding Healthy?

Chocolate chia pudding can absolutely be part of a balanced eating pattern.

Chia seeds provide fiber, plant-based omega-3 fatty acids, protein, and minerals, while unsweetened cocoa provides rich chocolate flavor without a large amount of added sugar.