

Chocolate Chia Pudding

A Rich, Creamy Dessert That's Packed with Fiber, Healthy Fats, and Chocolate Flavor

If you're craving something chocolatey but want a healthier option, Chocolate Chia Pudding is the perfect solution. This creamy, no-bake dessert is naturally sweetened, loaded with nutrients, and incredibly simple to prepare. Made with chia seeds, unsweetened cocoa powder, and your favorite milk, it transforms into a smooth, pudding-like treat after just a few hours in the refrigerator.

Chia seeds may be tiny, but they're nutritional powerhouses. They're an excellent source of fiber, plant-based omega-3 fatty acids, antioxidants, and important minerals like calcium and magnesium. Combined with cocoa powder, which contains antioxidants called flavonoids, this dessert is as nourishing as it is delicious.

Whether you're looking for a healthy breakfast, afternoon snack, or guilt-free dessert, this Chocolate Chia Pudding is a satisfying way to enjoy chocolate while fueling your body with wholesome ingredients.

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
- 1 cup unsweetened almond milk (or milk of choice)

- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon pure maple syrup or honey
- $\frac{1}{2}$ 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

Instructions

Step 1

In a medium bowl or mason jar, combine:

- Chia seeds
- Almond milk
- Cocoa powder
- Maple syrup
- Vanilla extract
- Sea salt

Step 2

Whisk thoroughly until the cocoa powder is fully incorporated and no clumps remain.

Step 3

Let the mixture sit for 5 minutes, then stir again to prevent

the chia seeds from settling at the bottom.

Step 4

Cover and refrigerate for at least **4 hours**, or overnight, until thick and pudding-like.

Step 5

Stir well before serving.

Step 6

Top with fresh berries, chopped nuts, coconut flakes, or dark chocolate shavings if desired.

Serve chilled.

Nutrition Facts

Per Serving

Nutrient	Amount
Calories	215
Protein	6 g
Carbohydrates	20 g
Fat	13 g
Saturated Fat	2 g
Fiber	11 g
Sugar	8 g
Sodium	140 mg
Potassium	280 mg
Calcium	260 mg
Iron	2.5 mg

Nutrient	Amount
Omega-3 Fatty Acids	Approximately 2,500 mg

Nutrition values are approximate and will vary depending on the ingredients and toppings used.

Why You'll Love This Recipe

- Rich, creamy chocolate flavor
- No baking required
- High in fiber to help keep you feeling satisfied
- Naturally sweetened with maple syrup or honey
- Rich in plant-based omega-3 fatty acids
- Great for breakfast, snacks, or dessert
- Easy to meal prep for the week
- Naturally gluten-free

Helpful Tips

- Whisk the mixture twice during the first 10 minutes to create a smoother texture.
- Refrigerate overnight for the thickest, creamiest pudding.
- Adjust the sweetness by adding more or less maple syrup to suit your taste.
- For extra protein, stir in a scoop of chocolate or vanilla protein powder and add a little extra milk if needed.
- Store covered in the refrigerator for up to **5 days**, making it perfect for meal prep.

Frequently Asked Questions

Can I use dairy milk instead of almond milk?

Absolutely. Dairy milk, oat milk, soy milk, coconut milk, or any unsweetened milk alternative works well in this recipe.

Can I make it vegan?

Yes! Simply use maple syrup instead of honey and choose a plant-based milk.

Why didn't my chia pudding thicken?

The mixture usually needs at least 4 hours to set. Be sure to stir twice during the first few minutes and use fresh chia seeds, as older seeds may not absorb liquid as effectively.

Can I freeze chia pudding?

Yes. Freeze it in airtight containers for up to one month. Thaw overnight in the refrigerator and stir before serving.

Is Chocolate Chia Pudding healthy?

Yes. Chia seeds provide fiber, healthy fats, plant-based protein, calcium, and omega-3 fatty acids, while unsweetened cocoa powder adds antioxidants without excess sugar. This recipe is a nutritious alternative to many traditional chocolate desserts and can easily fit into a balanced eating pattern.