



Cacao Nib Chia Pudding



Prep
5 m

Ready In
1 h 5 m

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"Easy to make in less than 5 minutes, this cacao nib pudding uses a blender to turn chia seeds into a creamy treat that's dairy free, vegan, and Paleo friendly."

Ingredients

1 cup unsweetened almond milk, or more as needed	1 teaspoon unsweetened cocoa powder
1/3 cup chia seeds	1 teaspoon pure vanilla extract
1/4 cup cashews	1 teaspoon instant espresso powder (optional)
5 tablespoons cacao nibs, divided	1/4 teaspoon sea salt
1 tablespoon maple syrup	1/4 teaspoon ground cinnamon

Directions

- 1 Combine almond milk, chia seeds, cashews, 2 tablespoons cacao nibs, maple syrup, cocoa powder, vanilla extract, sea salt, and cinnamon, in a high-speed blender. Blend until well combined, 30 seconds to 1 minute. Stir in 1 tablespoon cacao nibs and pour into individual bowls. Cover and refrigerate for 1 hour or overnight. Mixture will thicken as it chills.
- 2 Sprinkle pudding with remaining cacao nibs before serving.

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