

Chia Pudding: Chocolate, Cinnamon, Mexican Chocolate, and Vanilla Variations

Serves: 4

INGREDIENTS

¼ cup (60 milliliters) cocoa powder (“Dutch” style, which is—processed with alkali—tastes best, but any type will do), optional

½ cup (120 milliliters) chia seeds

1½ cups (360 milliliters) unsweetened plant-based milk or 1 14-ounce (400-gram) can lite coconut milk

3 to 5 tablespoons (45 to 75 milliliters) maple syrup or date paste thinned to syrup consistency

½ to 1 teaspoon (2.5 to 5 milliliters) vanilla extract

Pinch of salt, optional

¼ to ½ teaspoon (1.25 to 2.5 milliliters) cinnamon, optional

Optional toppings

Unsweetened coconut flakes

Diced mango, banana, pineapple, or stone fruit

Fresh berries

Toasted sliced almond or roasted chopped nuts

Grated Mexican or other dark chocolate



This dessert is so satisfying and delicious you’d never guess it is packed with omega-3’s and takes only minutes of hands-on time to prepare—it’s even healthy enough to stand in for breakfast! This is also a great option for batch prepping because you can freeze it. Just make sure to thaw in the refrigerator overnight before eating; add nuts and fresh fruit right before serving. Four variations are given in the recipe for vanilla, cinnamon, chocolate, and Mexican chocolate flavored puddings. Mexican chocolate is coarsely ground cacao, sugar, and cinnamon; sometimes chilies, nuts, and other spices are included as well. The Mexican chocolate flavor here is made with a combination of cocoa powder and cinnamon, but you can certainly consider grating some traditional Mexican chocolate over the top as well. Use these variations as a starting point and experiment with other flavor profiles you enjoy!

INSTRUCTIONS

- (A) Step 1 for Variations 1 & 2—Chocolate & Mexican Chocolate: Begin by sifting cocoa powder into a mixing bowl, then stir in chia seeds. Whisk in just enough milk to make a paste, then whisk in 3 tablespoons (45 milliliters) maple syrup or date syrup, ½ teaspoon (2.5 milliliters) vanilla extract, and salt (optional); add ½ teaspoon (2.5 milliliters) cinnamon for Mexican chocolate version. Whisk in the remaining milk. Taste and add more maple syrup or vanilla, to taste, as needed. Divide into 4 small jars, leaving room at the top for toppings.

- (B) Step 1 for Variations 3 & 4—Vanilla & Cinnamon: Place chia seeds in a mixing bowl, then whisk in 3 tablespoons (45 milliliters) maple or date syrup, 1 teaspoon (5 milliliters) vanilla extract, and salt (optional); add ¼ to ½ teaspoon (1.25 to 2.5 milliliters) cinnamon for cinnamon version. Whisk in milk. Taste and add more maple syrup or cinnamon, to taste, as needed. Divide into 4 small jars, leaving room at the top for toppings.
- Step 2 for all variations: After preparing the chia pudding variation of your choice, transfer jars (with lids, if you have them) to the refrigerator to chill overnight (or at least 4 hours). Whisking the mixture in the jars after 45 minutes in the refrigerator can help prevent chia seeds from clumping together; this isn't required, but it results in a more even texture. Keeps refrigerated up to 5 days.
- Step 3 for all variations: To serve, top with optional toppings of your choice before serving.

Nutritional Info (per ¼ recipe; varies, but this info is based on the chocolate version made with soymilk, 3 tablespoons [45 milliliters] maple syrup, topped with raspberries, mangos, sliced almonds, and coconut flakes): Calories 302, Total Fat 13.5 g, Saturated Fat 2.3 g, Cholesterol 0 mg, Sodium 80 mg, Total Carbohydrate 37.6 g, Dietary Fiber 14.6 g, Sugars 18 g, Protein 10 g, Vitamin A 2%, Vitamin C 39%, Calcium 32%, Iron 20%

Nutritional Info (per ¼ recipe, for the vanilla version made with soymilk, 3 tablespoons [45 milliliters] maple syrup, without toppings): Calories 211, Total Fat 9.5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 80 mg, Total Carbohydrate 22.6 g, Dietary Fiber 9.3 g, Sugars 9.6 g, Protein 7 g, Vitamin A 0%, Vitamin C 1%, Calcium 29%, Iron 13%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
