

Chia Chocolate Pudding

Serves: 4

Modified from: www.ohsheglows.com

Items Needed: measuring cups, measuring spoons, ice cube tray, blender

Ingredients:

- 3/4 cup unsweetened soy milk
- 4 large soy milk ice cubes
- 1/4 cup chia seeds
- 6 pitted Medjool dates
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract, to taste

Directions:

1. Fill an ice cube tray with soy milk. Freeze until solid. You can use leftovers in smoothies or for more pudding in the future!
2. To make the pudding: Add 3/4 cup soy milk into a high speed blender. Now add the rest of the ingredients, including the soy milk ice cubes.
3. Blend on the highest speed until super smooth, about 1 minute. Scrape down the sides and blend for another minute if needed.
4. Enjoy immediately or chill in the fridge where it will thicken up even more.

Nutrition Information (per 1/2 cup serving):

Calories: 195 Fat:6 g Carbs: 35 g Protein: 6 g Fiber: 8 g **Sodium:** 30 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**