



## Chia Pudding

### Description

### Base Ingredients

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk (or coconut milk)
- 1 1/2 tablespoons powdered erythritol (or your preferred keto-friendly sweetener)
- 1/2 teaspoon vanilla extract

### Optional Toppings & Mix-Ins

- Sliced almonds or chopped nuts (walnuts, pecans, etc.)
- Berries (strawberries, raspberries, blueberries)
- Unsweetened shredded coconut
- Unsweetened cocoa nibs
- Sugar-free chocolate chips
- A sprinkle of cinnamon or pumpkin spice

### More Ingredient Ideas

- Unsweetened cocoa powder (1 tablespoon) for a chocolatey twist
- Collagen or unflavored protein powder (1 scoop) for extra protein
- Nut butter (1 tablespoon peanut butter or almond butter) for added richness
- Pinch of sea salt to enhance overall flavor

## Instructions

### 1. Combine Ingredients

- In a medium bowl, whisk together the chia seeds, almond (or coconut) milk, sweetener, and vanilla extract.

- Make sure the seeds are evenly dispersed and not clumping.

## 2. Stir & Let It Sit

- Stir the mixture every few minutes for the first 10-15 minutes to prevent the chia seeds from clumping.
- Afterward, let it rest for 30-60 minutes, or place it in the fridge overnight for a thicker consistency.

## 3. Check Thickness

- Once the chia seeds have absorbed the liquid, you should have a pudding-like texture.
- If it's too thick, stir in a splash more milk until you reach your desired consistency.

## 4. Taste & Adjust

- Give the pudding a taste test. If you want it sweeter, add a bit more sweetener.
- Keep in mind flavors can become more pronounced as the pudding sets.

## 5. Serve & Top

- Divide the pudding into small jars or bowls.
- Add your favorite toppings or mix-ins, such as nuts, berries, or shredded coconut.

## 6. Chill & Enjoy

- Cover and refrigerate for at least a couple of hours (or overnight) to let the flavors meld and the pudding thicken further.
- Serve cold and enjoy a creamy, keto-friendly treat!

## Approximate Nutrition (Per Serving)

- **Calories:** ~220
- **Fat:** ~15g
- **Total Carbs:** ~10g
- **Fiber:** ~8g
- **Net Carbs:** ~2g
- **Protein:** ~7g

**Note:** Nutrition can vary based on the brands of ingredients you use and any optional add-ins or toppings. Always check labels for the most accurate macros!

## Tips & Variations

- **Chocolate Chia Pudding:** Stir in a tablespoon of unsweetened cocoa powder and top with sugar-free chocolate chips.
- **Berry Burst:** Mash a few berries into the pudding for extra flavor and natural sweetness.
- **Protein Boost:** Add a scoop of collagen or protein powder for a more filling meal replacement.

## Category

1. High Protein Recipes

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