

# CHOCOLATE CHIA SEED PUDDING



## INGREDIENTS:

- 1 cup of milk of your choice
- 3 TBSP of chia seeds
- 1 TBSP peanut butter or nut or seed butter of your choice
- 1 TBSP of maple syrup
- 1 TBSP cocoa powder
- 1 ripe banana
- 1 TSP of cinnamon
- 1 TSP of vanilla extract

## DIRECTIONS:

1. Blend all ingredients in a blender until smooth.
2. Place in refrigerator for 2-4 hours until firm.
3. Finish with any toppings of your choice such as shredded coconut or strawberries