



## Chocolate Chia Protein Pudding

*For all of our chocolate lovers out there, this one is for you! Chia Seed Chocolate Pudding - the perfect evening dessert.*

### Ingredients:

- $\frac{3}{4}$  cup unsweetened almond milk
- 2 tbsp chia seeds
- 1 serving of Chocolate protein powder
- 2 tbsp cocoa powder
- 2 packets of stevia

### Directions:

- First, add the almond milk to the blender, then pour in the chia seeds and blend until smooth.
- Then add in the rest of the ingredients and blend until combined and creamy.
- Scoop the mixture into a bowl and leave in fridge for at least an hour, or overnight.
- Serve chilled and enjoy!

*“Wake up with determination. Go to bed with satisfaction.”*

