

# High Protein Chocolate Chia Pudding



A protein packed breakfast that tastes like dessert and can be prepared ahead of time. The vegan chocolate protein powder adds high protein, and the chia seeds add fats. Top with sliced fruit for a well balanced and delicious breakfast treat.

## Ingredients

- 3/4 cup unsweetened almond milk
- 2 tbsp (24 g) chia seeds
- 1 serving (44 g) of Vega Performance Protein in Chocolate
- 2 tbsp (14 g) raw cacao powder or cocoa powder
- 2 packets (4 g) powdered stevia or liquid stevia drops to taste (or 1 tablespoon sweetener of choice such as maple syrup)

## Instructions

1. Add the milk to the blender first, then add the chia seeds and blend for about 30 seconds.
2. Add the rest of the ingredients to the blender.
3. Blend until very smooth and creamy, adding a bit of extra milk if it's too thick to blend.
4. Scoop the mixture into a container or bowl and place in the fridge for at least 60 minutes up to overnight.

From ***Skinny Taste*** ([skinnytaste.com](http://skinnytaste.com))