



Serves 2-3
Cook Time: 40 minutes

INGREDIENTS:

1 cup unsweetened, unflavored
or chocolate plant milk (see
note)

½ cup (packed) pitted dates,
plus another 1–3 dates

3 tablespoons chia seeds

1½ tablespoons cocoa powder

⅛ teaspoon sea salt (slightly
rounded)

½ teaspoon pure vanilla extract

2–3 tablespoons unsweetened
shredded coconut (optional)

2 tablespoons mini nondairy
chocolate chips (optional, but
really tasty)

Chocolate Chia Pudding

This chocolate chia pudding sets quicker than other versions, since the seeds are blended first. It sets up in just about a half hour, making it almost instant! Our girls love this pudding ... I am always surprised just how much!

From *Plant-Powered Families*

This kid-friendly and cool dessert recipe is also available in our convenient [iPhone app](#) and newly released [Android recipe app](#).

By Dreena Burton

- 1 Place the milk, dates, chia seeds, cocoa, salt, and vanilla in a blender, and puree for a minute or more (depending on the blender), until the seeds are pulverized. Taste, and if you'd like it sweeter, add another few dates.
- 2 Transfer the mixture to a large bowl, stir in the coconut and chocolate chips (if using), and refrigerate until chilled, ½ hour or more. (It will thicken more with chilling but really can be eaten straight away.)
- 3 Serve, sprinkling with more coconut, if desired, and topping with fresh berries or other fruit, if desired.

Notes:

Milk: I typically use unsweetened milk when I make this pudding. If you are using a sweetened milk, you may want to reduce the sweetener.