

Creamy Peanut Butter Cup Chia Pudding

Prep: 10 minutes • Cook: 0 minutes

Silky blended peanut butter–chia pudding crowned with a crisp chocolate magic shell, delivering a luscious peanut-butter-cup experience in a light, no-cook treat.

Ingredients

- 1/3 cup peanut butter (smooth, natural)
- 1/3 cup chia seeds (white)
- 1 2/3 cups milk (or soy milk)
- 3 tablespoons honey
- 2 teaspoons vanilla extract
- 1/4 teaspoon fine sea salt
- 2 tablespoons dark chocolate (chopped)
- 2 teaspoons coconut oil
- as needed roasted peanuts (chopped, for garnish (optional))

Instructions

1. Add peanut butter, chia seeds, milk, honey, vanilla extract, and fine sea salt to a high-speed blender.
2. Blend until completely smooth and slightly thickened, about 2 minutes, stopping 2–4 times to scrape down the sides so no whole chia seeds remain.
3. Divide the blended mixture evenly into 4 small jars or cups.
4. In a small microwave-safe bowl, combine chopped dark chocolate and coconut oil.
5. Microwave in 20-second intervals, stirring between each, until melted and smooth.
6. Pour the melted chocolate over each chia pudding; sprinkle with chopped roasted peanuts if desired.
7. Cover and refrigerate until the pudding is cold and the chocolate is firm, ideally at least 2 hours.

Tags: Chia Pudding, Peanut Butter, No Cook, Gluten Free, High Protein, Make Ahead
