

High Protein Chocolate Chia Pudding

Prep: 5 minutes • Cook: 0 minutes

Rich, creamy dark chocolate chia pudding with a hint of warm cinnamon—low in sugar yet decadent. Ready in minutes and packed with 25g protein and 18g fiber per serving for a satisfying vegan, gluten-free breakfast or snack.

Ingredients

- 1/4 cup chia seeds
- 1 tbsp cocoa powder (Dutch process)
- 1/2 scoop vanilla protein powder
- 1/8 teaspoon cinnamon
- 1 cup unsweetened plain soy milk
- 1 1/3 tsp maple syrup
- Greek yogurt
- chopped chocolate
- fresh berries

Instructions

1. Add chia seeds, cocoa powder, cinnamon, and vanilla protein powder to a resealable container; stir very well with a fork to combine.
2. Pour in unsweetened plain soy milk and maple syrup; stir vigorously with a fork until fully mixed.
3. Refrigerate 1 to 2 hours, then stir again to break up any clumps.
4. Refrigerate overnight until set; stir before serving.
5. [Optional] Top with Greek yogurt, chopped chocolate, and/or fresh berries before serving.

Tags: Vegan, Gluten Free, High Protein, Breakfast, Snack, Chocolate
