

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Chia Chocolate Pudding

Serves: 4

Modified from: www.ohsheglows.com

Items Needed: measuring cups, measuring spoons, ice cube tray, blender

Ingredients:

- $\frac{3}{4}$ c. unsweetened soy milk
- 4 large soy milk ice cubes (made from freezing soy milk in step 1)
- $\frac{1}{4}$ c. chia seeds
- 6 pitted Medjool
- 2 Tbsp unsweetened cocoa powder
- $\frac{1}{2}$ tsp pure vanilla extract, to taste

Directions:

1. Fill and ice cube tray with soy milk. Freeze until solid. You can use leftovers in smoothies or for more pudding in the future!
2. To make the pudding: Add $\frac{3}{4}$ cup soy milk into a high speed blender. Now add the rest of the ingredients, including the soy milk ice cubes.
3. Blend on the highest speed until super smooth, about 1 minute. Scrape down the sides and blend for another minute if needed.
4. Enjoy immediately or chill in the fridge where it will thicken up even more.

Nutrition Information (per 1/2 cup serving):

Calories: 195 Fat: 6 g Carbs: 35 g Protein: 6 g Fiber: 8 g Sodium: 30 mg