

CHOCOLATE CHIA BREAKFAST PUDDING

Servings: 1 | Prep Time: 2 minutes to make, 30 minutes to set (or overnight) | Ingredients: 5

Ingredients:

- 2 tbsp. chia seeds
- 2 tsp. cacao powder
- 2/3 cup of Oat Milk
- splash of maple syrup
- splash of vanilla extract

Directions:

1. Pour your chia seeds, cocoa powder, milk, maple syrup, and vanilla extra into a mason jar with a lid.
2. Make sure it's really tight and shake the living daylights out of it.
3. Refrigerate for 30 minutes or overnight. Though overnight requires some forethought (just put an alarm on your phone for like an hour before bedtime) it's the easier option since you can literally can just pluck it from the fridge and walk out the door. Creamy, chocolatey, healthy, easy.

*Note: Kids lose their ever-loving mind for this breakfast. **They** feel they're getting a chocolatey dessert for brekkie, but **you** secretly know it's chock full of fiber, protein, and omega 3 fats.*

WWW.THECANDIDLY.COM/2019/RECIPE-CHOCOLATE-CHIA-BREAKFAST-PUDDING