



## Chocolate Breakfast Pudding

1 serving  
10 minutes

### Ingredients

- 2 tbsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 Banana (large)
- 1/2 Avocado (pitted and peeled)
- 1 tbsp Hemp Seeds
- 1 tbsp Cacao Powder
- 1/8 tsp Sea Salt (a pinch)
- 2 tbsps Pomegranate Seeds
- 2 tbsps Pistachios

### Nutrition

Amount per serving	
Fat	38g
Carbs	43g
Fiber	19g
Sugar	12g
Protein	14g

### Directions

- 1 In a small bowl, soak the chia seeds in the almond milk. Let stand for 15 minutes.
- 2 In a small food processor or blender, combine chia mixture with all the other ingredients (excluding toppings). Blend until you get a homogenous pudding-like texture. There might still be some whole seeds in the mix and that is fine.
- 3 Top with the pomegranate seeds and chopped pistachios.
- 4 Enjoy right away or refrigerate until ready to eat.

### Notes

**Other Toppings:** Berries, chopped fruits, cocoa nibs, other nuts or seeds.

**No Almond Milk:** You can use any non-dairy milk or even filtered water.

**Too Thick:** If you find the pudding too thick, feel free to add some canned coconut milk to the mix.