

Chocolate Chia Pudding (3 versions)

Chocolate Chia Pudding (standard)

Yield: 6 servings (about 120 g per serving)

Ingredients

- Unsweetened cocoa powder – **30 g (¼ cup)**
- Soy milk (tonyu) or milk of choice – **480 ml (2 cups)**
- Black chia seeds – **75 g (½ cup)**
- Maple syrup – **40 g (2 Tbsp)** or honey ~30 g (adjust to taste)
- Vanilla extract – **1 tsp**
- Ground cinnamon – **½ tsp**
- Ground cardamom – **¼ tsp (optional)**
- Ground nutmeg – pinch (*optional*)

Toppings (suggested per serving):

- Fresh berries (raspberries, blueberries, or strawberries) – **30 g**
- Banana slices – **30 g**
- Chopped walnuts – **10 g (adds ~0.25 g Omega-3)**
- Coconut flakes or granola – optional



Instructions

1. In a large bowl, whisk cocoa powder until smooth.
2. Slowly whisk in soy milk to make a lump-free chocolate base.
3. Add chia seeds, maple syrup (or honey), vanilla, cinnamon, cardamom, and nutmeg. Whisk well.
4. Cover and refrigerate. For even texture, whisk again after **30 minutes**, then again after another **30 minutes**.
5. Chill for at least 6–8 hours (overnight best). Stir before serving.
6. Garnish with toppings of choice (fruit + nuts for balance).

Nutrition (per serving, base pudding only)

- **Calories:** ~160 kcal
- **Protein:** ~5 g
- **Fat:** ~7 g
 - Sat Fat: ~0.6 g
- **Carbs:** ~20 g
 - Sugars: ~8 g
- **Fiber:** ~8 g
- **Sodium:** ~40 mg
- **Omega-3:** ~2.5 g (chia seeds)

With suggested toppings (berries + banana + walnuts):

- Calories: ~230 kcal
- Protein: ~6.5 g
- Fat: ~10 g
- Carbs: ~32 g
- Fiber: ~10 g
- Sodium: ~45 mg

- Omega-3: ~2.8 g
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Notes & Suggestions

- Using **black chia seeds** gives a stronger “pudding” look, while **white chia seeds** look lighter and creamier.
- If you prefer a smoother texture → blend the mixture in a blender after chilling to make a mousse-like consistency.
- For a more “French” finish → add ½ **tsp espresso powder** with the cocoa.
- Keeps well for up to 5 days in the fridge. Loosen with a splash of soy milk if too thick.

Note

To get a consistent pudding like texture, thoroughly whisk it after 30 minutes in the refrigerator and again 30 minutes later.

Chocolate Chia Pudding (Small Batch)

Yield: 4 servings (≈120 g each; good for 2 dinners + 2 leftovers)

Ingredients

- Unsweetened cocoa powder – **15 g (2 Tbsp)**
- Soy milk (tonyu) or milk of choice – **240 ml (1 cup)**
- Black chia seeds – **37 g (scant ¼ cup)**
- Maple syrup – **20 g (1 Tbsp)** or honey 15 g
- Vanilla extract – **½ tsp**
- Ground cinnamon – **¼ tsp**
- Ground cardamom – **⅛ tsp (optional)**
- Ground nutmeg – tiny pinch (*optional*)

Toppings (per serving):

- Fresh berries – **15 g**
 - Banana slices – **15 g**
 - Chopped walnuts – **5 g** (adds ~0.12 g Omega-3)
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Instructions

1. In a medium bowl, whisk cocoa powder smooth.
 2. Whisk in soy milk gradually to avoid lumps.
 3. Add chia, maple syrup/honey, vanilla, and spices. Stir well.
 4. Chill covered in the fridge. Stir again after **30 minutes**, then once more after another **30 minutes** for even texture.
 5. Refrigerate at least 6–8 hours. Stir before serving.
 6. Garnish with berries, banana, and walnuts.
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Nutrition (per serving, base pudding only)

- **Calories:** ~160 kcal
- **Protein:** ~5 g
- **Fat:** ~7 g
 - Sat Fat: ~0.6 g
- **Carbs:** ~20 g
 - Sugars: ~8 g
- **Fiber:** ~8 g
- **Sodium:** ~40 mg
- **Omega-3:** ~2.5 g

With toppings: ~230 kcal, Protein 6.5 g, Fat 10 g, Carbs 32 g, Fiber 10 g, Omega-3 ~2.6 g

Blended Chocolate Chia Mousse (Small Batch)

Yield: 4 servings (~120 g each)

Ingredients

- Unsweetened cocoa powder – **15 g (2 Tbsp)**
- Soy milk (tonyu) or milk of choice – **240 ml (1 cup)**
- Black chia seeds – **37 g (scant ¼ cup)**
- Maple syrup – **20 g (1 Tbsp)** or honey 15 g
- Vanilla extract – **½ tsp**
- Ground cinnamon – **¼ tsp**
- Ground cardamom – **⅛ tsp (optional)**
- Pinch ground nutmeg (*optional*)

Toppings (per serving):

- Fresh berries – **15 g**
 - Banana slices – **15 g**
 - Chopped walnuts – **5 g** (~0.12 g Omega-3)
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Instructions

1. In a bowl, whisk cocoa with a splash of soy milk until smooth. Add the rest of the milk.
 2. Stir in chia seeds, sweetener, vanilla, and spices. Cover and refrigerate **at least 2 hours (overnight best)** so chia can fully gel.
 3. Transfer mixture to a high-speed blender or food processor. Blend 1–2 minutes until completely smooth and mousse-like. Scrape down sides as needed.
 4. Spoon into 4 ramekins (~120 g each). Chill another 30 minutes before serving to firm.
 5. Garnish with berries, banana, and walnuts.
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Nutrition (per serving, base mousse only)

Same as pudding:

- **Calories:** ~160 kcal
- **Protein:** ~5 g
- **Fat:** ~7 g
 - Sat Fat: ~0.6 g
- **Carbs:** ~20 g
 - Sugars: ~8 g
- **Fiber:** ~8 g
- **Omega-3:** ~2.5 g

With toppings: ~230 kcal, Protein 6.5 g, Fat 10 g, Carbs 32 g, Fiber 10 g, Omega-3 ~2.6 g

Notes & Variations

- For **extra creaminess**: blend in 2 Tbsp Greek yogurt (not vegan, but richer).
- For **lighter texture**: fold in a few spoonfuls of whipped aquafaba or lightly whipped cream before chilling.
- Flavor twist: add ½ tsp espresso powder or 1 Tbsp melted dark chocolate for depth.