

Zucchini Bread Recipes

Chocolate Chia Seed Pudding – High Protein & Easy

5 min Prep time	**5 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	**Breakfast** Course

Ingredients

Base

- [ ] 1/4 cup chia seeds
- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 scoop chocolate protein powder (30g)
- [ ] 1 tbsp maple syrup or honey
- [ ] 1/2 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Fresh raspberries or sliced strawberries
- [ ] Chopped toasted almonds
- [ ] A drizzle of dark chocolate sauce
- [ ] A sprinkle of shredded coconut

Instructions

1. In a medium bowl, whisk together the cocoa powder, maple syrup, vanilla extract, and sea salt until smooth.
2. Slowly pour in the almond milk while continuing to whisk, making sure the cocoa dissolves completely.
3. Add the protein powder; stir until there are no lumps, then sprinkle the chia seeds over the mixture.
4. Give the whole bowl a good stir, ensuring the chia seeds are evenly distributed, then cover and refrigerate for at least 30 minutes, stirring once halfway through.
5. After chilling, taste and adjust sweetness if needed, then serve topped with your favorite fruits or nuts.

Nutrition per serving

280 kcal	20 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner pudding, increase the milk by 1/4 cup.
- For extra creaminess, blend a tablespoon of cashew butter into the base before chilling.
- The pudding thickens more the longer it sits; enjoy within 48 hours for optimal texture.