

Mint Chocolate Chia Pudding

By Katie Mae, *PlantzSt.com*

Makes about 3 cups | Ready in 5 minutes | Stores 5 days in the fridge

INGREDIENTS

¼ cup chia seeds *

¼ cup walnuts

1 cup water

6–8 Medjool dates, pitted *

1½ tablespoon cacao powder *

A couple drops of peppermint extract

Peppermint extract, fresh mint leaves or cacao nibs for garnish (optional)

ACTION STEPS

1. Add all of the chia seeds, walnuts, water, dates, and cacao powder to a blender or food processor. Blend until smooth.
2. Transfer the pudding to a serving bowl. Enjoy at room temperature, or cover and put in the fridge for at least an hour to serve chilled.
3. Just before serving garnish with fresh mint leaves or cacao nibs.

CHEF'S NOTES

Chia seeds are great for making pudding because they swell and become gelatinous when mixed with a liquid. They'll thicken the pudding within 5 minutes, but if you let the pudding sit for longer—say you chill in the fridge overnight—it will thicken up even more. Take this into consideration when you're prepping it. If you're serving the pudding the following day or you prefer a thinner pudding, you may want to add another ¼ to ½ cup of water.

Use more or less dates to create the level of sweetness you want.

The same goes for the cacao powder. One tablespoon of cacao will give you a subtle chocolate taste, while 2 tablespoons (or more) will create a rich chocolate flavor.

Recipe and photos online here >> <https://plantzst.com/mint-chocolate-chia-pudding/>