

Cacao Blended Chia Pudding

A smooth, high-protein cacao chia pudding with fresh raspberries, soy yogurt, and pistachios. Perfect for a nutritious breakfast or snack.

Author Sarah Cobacho (plantbaes.com)



PREP TIME

10 minutes

Setting Time

1 hour

TOTAL TIME

1 hour 10 minutes

Servings 4

Course Breakfast, Snack

Cuisine Plant-Based

Keyword 10 ingredients or less, cacao, Chia Pudding, easy breakfast, High Protein, protein powder, raspberries, soy milk

Ingredients

Pudding Base

- 40 g unsweetened raw cacao powder
- 30 g vanilla protein powder optional - see notes
- 80 g chia seeds
- 590 ml soy milk
- 3 Medjool dates pitted

Toppings

- 120 g dairy-free yogurt I used soy
- 15 g pistachios roughly chopped
- 120 g raspberries

Instructions

1. In a high-speed blender, add the cacao powder, protein powder, chia seeds, Medjool dates, and soy milk. Blend until perfectly smooth.
2. Transfer to jars of the desired size and let them set in the refrigerator for at least 1 hour, but preferably overnight.
3. When ready to serve, top the pudding with soy yogurt, fresh raspberries, and pistachios. Enjoy!

Notes

Medjool Dates: Medjool dates are sweeter and juicier than regular dates. If using regular dates, soak them in hot water for 5 minutes.

Protein Powder: If you wish to skip the protein powder, add 1.5 tsp of vanilla extract and reduce the milk by 1/4 cup. This will reduce the protein content by 5 g per serving.

Raspberries: Since raspberries tend to get mushy quickly when in contact with other ingredients, I recommend adding them just before eating for the best texture. If you wish to add toppings in advance, I'd suggest using strawberries instead.

Storage: Keeps for 4 days in the fridge.

Nutritional Information - Per Serving

Calories 337kcal | **Carbohydrates** 21g | **Protein** 20g | **Fat** 14g | **Sodium** 154mg | **Fiber** 15g | **Vitamin A** 91IU | **Vitamin C** 8mg | **Calcium** 350mg | **Iron** 6mg

Cacao Blended Chia Pudding <https://plantbaes.com/cacao-blended-chia-pudding/>