



**Serves 2-3**  
**Cook Time: 40 minutes**

**INGREDIENTS:**

1 cup unsweetened, unflavored or chocolate plant milk (see note)

½ cup (packed) pitted dates, plus another 1–3 dates

3 tablespoons chia seeds

1½ tablespoons cocoa powder

⅛ teaspoon sea salt (slightly rounded)

½ teaspoon pure vanilla extract

2–3 tablespoons unsweetened shredded coconut (optional)

2 tablespoons mini nondairy chocolate chips (optional, but really tasty)

## Chocolate Chia Pudding

This chocolate chia pudding sets quicker than other versions, since the seeds are blended first. It sets up in just about a half hour, making it almost instant! Our girls love this pudding ... I am always surprised just how much!

From *Plant-Powered Families*

*This kid-friendly and cool dessert recipe is also available in our convenient iPhone app and newly released Android recipe app.*

By Dreena Burton

- 1 Place the milk, dates, chia seeds, cocoa, salt, and vanilla in a blender, and puree for a minute or more (depending on the blender), until the seeds are pulverized. Taste, and if you'd like it sweeter, add another few dates.
- 2 Transfer the mixture to a large bowl, stir in the coconut and chocolate chips (if using), and refrigerate until chilled, ½ hour or more. (It will thicken more with chilling but really can be eaten straight away.)
- 3 Serve, sprinkling with more coconut, if desired, and topping with fresh berries or other fruit, if desired.

**Notes:**

Milk: I typically use unsweetened milk when I make this pudding. If you are using a sweetened milk, you may want to reduce the sweetener.