



SUGAR FREE

EASTER CHOCOLATE & CHIA SEED PUDDING

SERVES - 4-6

INGREDIENTS

1 ½ cups milk, coconut milk
or almond milk unsweetened
⅓ cup chia seeds
¼ cup raw cacao powder
2 tbsp Perfect Sweet[®] xylitol
½ tsp ground cinnamon (optional)
¼ tsp sea salt
Optional: ½ tsp pure vanilla extract

METHOD

Place all ingredients except the xylitol into a mixing bowl and whisk vigorously to combine, then sweeten to taste.

Spoon into your serving dishes, cover and let rest in the refrigerator overnight.

Serve chilled with desired toppings, such as fruit, natural yoghurt and a sprig of mint!

