

Vanessa's Chocolate Chia Pudding Recipe V2.0

Chia seed pudding is by no means a new invention, but after trying other people's recipes and being a bit disappointed, I decided to experiment with my own. I discovered the secret is not adding too many chia seeds! Here I thought "the more the better," but no! Too much makes the pudding set too firm. When the chia seeds are mixed with the coconut milk, after about five minutes they make a gel which then sets to a moose-like texture after a few hours in the fridge. See page 2 for nutritional info.

Ingredients

1 x 400ml can of coconut milk (or coconut cream)

2.5 tablespoons of black chia seeds

2 heaped tablespoons of dark cocoa powder

1 teaspoon of cinnamon

2 teaspoons of Vanilla essence

1/3 cup of runny Mānuka honey

Method

Shake the can of coconut milk, or coconut cream if you prefer a thicker, creamier, and more decadent texture (which I do), and pour into a container with a lid. (I use a 1 litre food grade plastic container.) Add the other ingredients and mix together thoroughly. Taste test and adjust if needed. Stir mixture again after five minutes. Put the lid on and refrigerate until set (about 5-6 hours). Alternatively, pour the mixture into small serving bowls, cover and refrigerate until set. Makes about 4 servings. Serve with a scoop of thick vanilla yogurt.

Experiment with this recipe by swapping out the cocoa power and cinnamon with other ingredients like fruit pulp. We've found that fruit flavours, like passionfruit and lemon curd, also make for a really nice breakfast alternative.

Pudding for breakfast? Why not!

Nutritional Information

Chia seeds

Chia seeds are highly nutritious, fibre-packed superfoods that promote heart health, aid digestion, and support weight management. They are rich in Omega-3 fatty acids, plant-based protein, antioxidants, and essential minerals like calcium and magnesium, which help lower blood pressure, reduce inflammation, and strengthen bones.

Key health benefits of chia seeds include:

- **Boost Heart Health:** They are a major source of Omega-3 fatty acids (alpha-linolenic acid or ALA), which reduce inflammation, lower triglycerides, and reduce harmful cholesterol levels.
- **Improve Digestive Health:** The high fibre content (nearly 10g per 2-tablespoon serving) helps prevent constipation and supports a healthy gut microbiome.
- **Aid Weight Management:** When consumed, chia seeds form a gel in the stomach that promotes a feeling of fullness, reduces appetite, and slows digestion.
- **Support Bone Health:** Rich in calcium, phosphorus, and magnesium, they help maintain bone density and overall skeletal strength.
- **Stabilise Blood Sugar:** Their combination of fibre and protein slows the absorption of sugar, helping to prevent spikes and manage blood sugar levels.
- **Antioxidant Powerhouse:** They contain antioxidants like chlorogenic acid and quercetin, which protect the body from free radical damage and reduce the risk of chronic diseases.

Honey

Whenever possible, use a high UMF number honey. UMF stands for Unique Mānuka Factor, a trusted, independent quality trademark and grading system for New Zealand Mānuka honey. It verifies the honey is authentic, genuine, and pure by testing for key markers like Leptosperin, DHA, and MGO. Higher UMF numbers (e.g., 5+ to 20+) indicate higher potency and antibacterial strength.