

Chocolate Chia Seed Pudding

Ingredients:

- 1 cup of milk of your choice
- 3 TBSP of chia seeds
- 1 TBSP peanut butter or nut or seed butter of your choice
- 1 TBSP of maple syrup
- 1 TBSP cocoa powder
- 1 ripe banana
- 1 tsp of cinnamon
- 1 tsp of vanilla extract

Blend all ingredients in a blender until smooth. Place in refrigerator for 2-4 hours until firm.

Finish with any toppings of your choice such as shredded coconut or strawberries.