



## YOUR WHOLE HEALTH

— AN INTEGRATIVE MEDICINE PRACTICE —

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### **Chocolate Chia Seed Pudding**

Chia seeds are packed with a good amount of fiber to help us feel full, aid in our digestive health and lower cholesterol as well as regulate blood sugar. They also have a good amount of omega-3 fatty acids which lower inflammation and many micronutrients. Cacao has the powerful antioxidants polyphenols and flavonoids which also decrease inflammation and help us detoxify and repair cellular damage. Enjoy!

½ cup Chia seeds  
2 cups plant-based milk  
¼ cup cacao powder  
¼ cup pure maple syrup  
½ tsp tumeric  
2 tsps vanilla extract

Mix all of the above. Let sit 15 minutes, then whisk again. Refrigerate at least 4 hours before serving – I recommend over your favorite assortment of berries. Banana slices are also a great choice!