



Healthdor

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## Chocolate Blueberry Macadamia Chia Pudding ♦

A delicious vegan pudding made with chocolate, blueberries, macadamia nuts, and chia seeds. This creamy and nutritious dessert is perfect for breakfast or as a snack.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

<b>40 g</b>	Chia Seeds
<b>250 ml</b>	almond milk
<b>2 tbsp</b>	maple syrup
<b>2 tbsp</b>	Cocoa Powder
<b>100 g</b>	blueberries

30 g Macadamia Nuts

## Directions

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### Step 1

Mixing

In a bowl, combine chia seeds, almond milk, and maple syrup. Stir well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stirring

Add cocoa powder to the mixture and stir until well combined.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Refrigerating

Cover the bowl and refrigerate for at least 2 hours or overnight.

**Prep Time:** 0 mins

**Cook Time:** 120 mins

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## Step 4

Before serving, top the pudding with blueberries and macadamia nuts.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 8 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	10 g	26.32%	40%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas

Easter

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Kitchen Tools

Slow Cooker

### Course

Drinks

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Christmas

## Demographics

Teen Friendly

Diabetic Friendly

Heart Healthy

## Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Low Carb, High Fat (LCHF) Diet

## Difficulty Level

Medium

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