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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

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

### Directions

Step 1



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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 2

Stirring

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

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 3

Refrigerating

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

Prep Time: 0 mins

Cook Time: 120 mins

#### 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: 8g

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

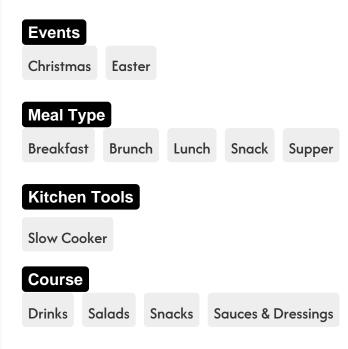
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

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**



#### 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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