

**PLEASE FEEL FREE TO SIMPLY WATCH THIS CLASS
TO LEARN THIS TASY MEAL**

~ LET'S CREATE & NOURISH ~

BLACK FOREST CHIA PUDDING

INGREDIENTS

SERVINGS 4

1/2 cup chia seeds

1 1/2 cups almond milk (or any other non-dairy milk)

4-5 Tbsp maple syrup (or preferred natural sweetener)

1/2 tsp vanilla essence (optional)

1/4 cup cacao powder, sifted

4 cups coconut yoghurt

3-4 cups berries

1/2 cup grated sugar free dark chocolate (optional)

4 Tbsp maple syrup or preferred natural sweetener (only if yoghurt is originally sweetened)

1-2tsp of hot/warm water on hand

EQUIPMENT

Fork (to whisk chia ingredients)

Mixing bowl (mixing chia ingredients)

Measuring cups and spoons (if measuring during class and not prior)

Stirring spoon (stir chia mixture)

Blender/masher (to blend berries & yoghurt together)

Grater (grate chocolate - optional)

Spoon (serving)

4 serving bowls / ramekins / cups / jars (to serve)

PREPARATION

1 - With fork whisk together cacao powder & maple syrup. Add 1tsp of hot/warm water to mixture. Mix well. Mixture should be a runny paste consistency. Then slowly add milk & stir well. Gradually add all of the milk, until combined well. Add chia seeds. Gently stir well.

2 -To create the pink berry yoghurt layer, combine 1/2 of the berries into a blender. Blend quickly, until just smooth. Add to yoghurt & mix. If using a masher, mash berries and yoghurt together until combined. Add natural sweetener to yoghurt (if required). Stir well. Set aside in fridge. Re stir your chia seeds well once more, set aside in fridge. Leave to set for 10-20 min, or until chia pudding mixture is set.

3- Layer your chocolate chia seed pudding mix & berry flavoured yoghurt as desired. Top with the rest of berries. Garnish with your (optional) grated chocolate. Enjoy!

I HOPE YOU ENJOY THIS TASTY DISH FULL OF PLANT POWER

I LOOK FORWARD TO CONNECTING AGAIN SOON

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