

Chocolate Almond Chia Pudding Recipe



I've shared several chia puddings before, but I know you're ready for another one because they are just that good! This one has a chocolate almond flavor you are going to love.

Did you know you can indulge in sweet treats like this one and still get a good night's sleep? You can if you know how to do it. Desserts like this can actually improve your sleep!

We'll talk about that more in my blog post on Thursday on how to get a restful restorative night's sleep.

In the meantime, indulge the alkaline way with nutrient-rich, low-sugar delights like this and be sure to give yourself at least 2 hours before bed after eating.

Give it a try and let me know what you think over [on Facebook](#).

CHOCOLATE ALMOND CHIA PUDDING

Ingredients [Serves 4]

2 cups almond milk (substitute: coconut or hemp milk)
1/2 cup chia seeds
1/4 cup raw almond butter
1/4 cup cacao powder
4 pitted dates
1 tbsp. unsweetened coconut flakes
1 tsp. cinnamon
1/2 tsp. vanilla extract (or 20 drops Medicine Flower Vanilla)
Optional: Garnish with cacao nibs, unsweetened coconut flakes, or hemp seeds.



Directions

Blend everything except the chia in blender until thoroughly mixed (40 to 60 seconds). Then on lowest variable speed 1, add chia, and blend on low speed for one minute to mix chia, or stir by hand in a blender without different speeds. Add into an airtight container, and refrigerate for at least 5 hours before serving.

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Dr. Daryl

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For more on which foods to avoid and which to eat more of (like the ingredients in this delicious chia pudding), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!