

# CHOC BERRY CHIA PUDDING



## PREP & COOK TIME

5m + 2h setting



## SERVES

4



## INGREDIENTS

- 1 tbs maple syrup or golden syrup
- 1 1/2 cups reduced fat milk
- 1/3 cup chia seeds
- 2 tsp cocoa powder
- 2 cups fresh or frozen berries

## METHOD

1. Place maple syrup in 500ml capacity jar with lid, pour in some of the milk and shake to dissolve the syrup
2. Add remaining milk, chia seeds and cocoa. Shake and pour into 3 small serving glasses. Cover and refrigerate for at least 2 hours or overnight
3. Serve chilled, topped with berries

For a dairy-free alternative, switch dairy milk for your favourite milk alternative