

How to Make Chia Puddings

4 Chia Pudding Recipes (plus a bonus topping)

Peanut Butter Chia Pudding

Chia Pudding with Fruit

Chocolate Chia Pudding

Pumpkin Pie Chia Pudding Mousse (plus: How to Make Coconut Whipped Cream)

Peanut Butter Chia Pudding

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: 2

Ingredients

- 1 cup unsweetened almond milk
- 3 Tablespoons chia seeds
- 1 Tablespoon maple syrup or honey
- 2 Tablespoons peanut butter
- 1/4 teaspoon vanilla
- Toppings: extra peanut butter, cacao nibs and berries

Instructions

1. Whisk together almond milk, chia seeds, maple syrup, peanut butter and vanilla. This takes a little effort because the peanut butter tends to stick together, but keep whisking until it's dispersed. Let mixture sit for five minutes and whisk again to remove any chia clumps. Place in fridge to set for at least 30 minutes, but up to 12 hours.
2. When ready to enjoy, top with toppings of choice: I like a drizzle of peanut butter, cacao nibs and berries, but banana slices would be delicious as well.

Find it online: <https://www.eatingbirdfood.com/peanut-butter-chia-pudding/>

Chia Pudding with Fruit

Prep Time: 20 mins

Chill: Overnight

Servings: 6

Yield: 3 cups pudding plus fruit

Ingredients

- 1 14 ounce can unsweetened light coconut milk
- 1 cup plain fat-free Greek yogurt
- 2 tablespoons pure maple syrup
- ½ teaspoon vanilla
- ¼ cup chia seeds
- 2 cups chopped fresh fruit or berries, such as pineapple, strawberries, blueberries, raspberries, mango, and/or peach)
- 6 teaspoons unsweetened shredded coconut, toasted

Instructions

In medium bowl stir together the coconut milk, yogurt, maple syrup, and vanilla. Stir in the chia seeds. Divide mixture among six serving bowls. Cover with foil; chill overnight.

To serve, spoon fruit evenly over pudding in bowls. Sprinkle with coconut.

Find it online: <https://www.bhg.com/recipe/chia-pudding-with-fruit/>

Chocolate Chia Pudding

Prep Time: 4 hours

Yield: Serves 4-6

Ingredients

- 2 cups unsweetened almond milk (or your favorite non-dairy milk)
- 1/4 cup + 2 tablespoons chia seeds
- 1/3 cup 100% cocoa/cacao powder
- 1/4 – 1/3 cup pure maple syrup
- 2 teaspoons vanilla extract
- pinch of mineral salt

Instructions

In a medium sized mixing bowl, combine the milk, chia seeds, cocoa powder, maple syrup, vanilla and salt, whisk until blended. Be patient, it will take a good minute or so to blend in the cocoa powder.

Cover and place in the fridge to chill. **Give a good stir after 30 minutes** (this step is very important or your pudding will not set properly and you'll have a soupy mixture), cover again and continue to chill. Stir again after 15 to 30 minutes. Pudding should be thickened and ready to serve within 4 hours, and will be at it thickest after 8 – 10 hours.

Serve as is, or with a few of the following

- banana slices
- berries (raspberries, strawberries, blackberries and/or blueberries)
- kiwi, pineapple, cherries, or mandarin oranges
- cacao nibs, mini chocolate chips, or shaved chocolate
- granola
- dollop of whipped coconut cream, peanut butter, or non-dairy vanilla yogurt

Find it online: <https://simple-veganista.com/chocolate-chia-pudding/>

Pumpkin Pie Chia Pudding Mousse

Pumpkin pie chia pudding mousse is creamy, delicious, and filled with pumpkin pie spices. It couldn't be easier to make and it's perfect for a healthy, sweet treat.

Prep Time: 5 mins

Time to Chill in Fridge: 4 hrs

Total Time: 4 hrs 5 mins

Servings: 2 servings

Ingredients

- 1 cup milk any milk, including dairy-milk, cashew milk, almond milk or coconut milk will work
- 1/4 cup chia seeds
- 1/2 cup pumpkin puree
- 2 tablespoons maple syrup
- 2 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract

Garnish

- Coconut whipped cream (*see recipe below*)
- cinnamon

Instructions

1. Add all of the ingredients to a high-powered blender.
2. Blend on high for a minute, or until the pudding is creamy.
3. Transfer the pudding to a bowl, cover and chill at least 4 hours.
4. Serve the pumpkin chia pudding with a dollop of coconut whipped cream and a sprinkle of cinnamon.

Notes

- Don't reduce the quantity (i.e. cut it in half) or there won't be enough ingredients to blend properly in a blender.
- You can certainly double or triple the recipe though for a party or gathering!

Find it online: <https://downshiftology.com/recipes/pumpkin-pie-chia-pudding-mousse/>

How to Make Coconut Whipped Cream

Coconut whipped cream is a delicious dairy-free, vegan and paleo-friendly whipped cream. It's fluffy and smooth and perfect to dollop on all your dessert recipes.

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4 servings

Ingredients

- 13.5 oz full-fat coconut milk chilled for 1-2 days
- 1 tbsp honey, maple syrup or powdered sugar add more as desired
- 1 tsp vanilla extract

Instructions

1. Place your can of coconut milk in the refrigerator for 1-2 days.
2. Chill your mixing bowl for 15 minutes in the fridge.
3. Open your can of coconut milk and scoop out the hardened coconut cream. Pour the coconut water into a separate storage container and use that in a future smoothie recipe.
4. Using a hand mixer, fluff up the coconut cream for one minute. Add your sweetener and vanilla and mix for an additional minute, until smooth and creamy. If it's too firm or too soft, see my notes above.
5. Use the coconut whipped cream right away or store in the refrigerator in a sealed container for up to one week.

Find it online: <https://downshiftology.com/recipes/how-to-make-coconut-whipped-cream/>