

## Quick and Easy Meals

Fall 2024

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# Chocolate Chia Pudding

**Serves** 2-4

**Time** 5 minutes

**Vegan**

**Common Allergens** Check labels

## Ingredients

- 1 cup unsweetened oat milk or other milk alternative
- $\frac{1}{4}$  cup chia seeds
- 2 teaspoons agave nectar or other liquid sweetener
- 2 tablespoons cocoa powder
- $\frac{1}{4}$  teaspoon vanilla extract, optional

## Optional toppings

- 1 banana, sliced
- 1 cup berries
- Chocolate shavings



## Instructions

1. In a 16-ounce jar or other resealable container, combine oat milk, chia seeds, agave nectar, cocoa powder, and vanilla if using. Seal the jar and shake well to combine.
2. Refrigerate for 10 minutes, then shake again. If necessary, stir with a spoon to break up clumps or loosen chia seeds from the bottom of the jar.
3. Refrigerate at least 1 hour or overnight. Serve with toppings of your choice.