

Low FODMAP Vegan Chocolate Chia Pudding

Developed by Monash FODMAP-trained dietitian Melissa D'Elia (APD)

Serves: 2

Prep: 2 hours

Cook: 0



Ingredients	Metric	Imperial
1/2 cup Chia Seeds	70 g	2.47 oz
1 cup Almond Milk	240 g	8.47 oz
3 tbsp Maple Syrup	75 g	2.65 oz
2 tbsp Vanilla Soy Yoghurt	70 g	2.47 oz
1 tbsp Cocoa Powder	6 g	0.21 oz
1 tsp Vanilla Essence	5 g	0.81 oz
Toppings:		
Blueberries	50 g	1.7 oz
1 tsp Cacao Nibs		

Method

1. Mix chia seeds and almond milk together in a large bowl. Next add the cocoa powder, soy yoghurt, vanilla extract and maple syrup. Continue to stir until the mixture begins to thicken.
2. Place in fridge for 2-3 hours or overnight.
3. Top with blueberries and cacao nibs.

Hints

- A great option to meal prep for breakfast the next day!

Nutrition Information (per serve)	
Energy	1525 Kj / 364 cal
Protein	10.00g
Carbohydrates	36.00g
Sugar	29.00g
Total Fat	16.00g
Saturated Fat	3.00g
Fibre	16.00g