

# BREAKFAST

## Chocolate Chia Seed Pudding

### INGREDIENTS:

- 2 Tbsp Chia Seed, Grounded
- 1/2 Cup Almond Milk
- 1-2 tsp Monk-fruit Sweetener

### OPTIONAL:

- 1 tbsp Dutch Processed Cocoa Powder
- Toppings:
  - Cocoa nibs, chocolate chips, granola, coconut flakes, pumpkin seeds, nuts, nut butter, fruits etc.
- Combos:
  - Chocolate Cinnamon:
    - 2 tsp Dutch Processed Cocoa Powder
    - 1 tsp Cinnamon Powder
    - Blueberries and Oranges, Sliced

