

Chocolate Coconut Chia Pudding



This chocolate pudding is a quick and nourishing option, perfect for breakfast or a snack. Low in FODMAPs yet rich in fibre, healthy fats, and protein, it helps keep you full for longer. Easy to make ahead, it fits just as well in lunchboxes as in busy weeks. A winning choice our dietitians love to recommend to satisfy a sweet craving!

Check out our article on [the benefits of chia seeds](#) to discover why they make such a great addition to your meals!

Preparation 5 min
Cooking 0 min
Waiting min. 60 min
Servings 2
Nutrition Facts (per serving)
Calories 350
Fat 12
Carbohydrates 38
Fibre 13
Protein 23
Sodium 150

Ingredients

- 375 ml (1 ½ cups) chocolate 2% lactose-free high-protein milk (or other milk of choice)

- 60 ml (¼ cup) chia seeds
- 60 ml (¼ cup or about 2 Medjool dates) pitted dried dates*
- 45 ml (3 tbsp) powdered peanut butter**
- 30 ml (2 tbsp) unsweetened cocoa powder
- 5 ml (1 tsp) coconut extract (or vanilla)

Topping (optional):

- Coconut yogurt
- Shredded coconut
- Low-FODMAP fruit of choice

Preparation

1. In a blender, combine all the ingredients. Blend until smooth and homogeneous.
2. Divide evenly between 2 containers and refrigerate for at least 1 hour, or overnight.
3. Serve with toppings of your choice.

Notes

Keeps for 5 days in the refrigerator in an airtight container.

*To keep this recipe low in FODMAPs, do not exceed the amount of dates indicated (max 30 g per serving).

**Powdered peanut butter is usually found in the organic section of grocery stores. If unavailable, replace with 30 ml (2 tbsp) of natural peanut butter.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City