

## **Dark Chocolate Chia Seed pudding with Coconut Whipped Cream**

Here's a dessert that will satisfy your sweet tooth, but is also filled with PCOS-fighting superfoods. Chocolate may get a bad rap, but cocoa is actually super healthy! Did you know that cocoa powder is a source of Zinc? Adequate intake of Zinc may improve alopecia, acne, and hirsutism in women with PCOS.

We've swapped out traditional dairy whipping cream for coconut cream that adds a richness and decadence to this guilt-free dessert. You won't believe how easy it is to make this sweet treat!

Serves 4

Ingredients:

2 Cups Unsweetened Almond Milk

½ Cup plus 1 tsp Chia Seeds

2 TBS Grade B or Grade A Dark Maple Syrup

2 TBS Unsweetened Cocoa Powder

1/8 Tsp Sea Salt

1 15oz can Full Fat Coconut Milk (Refrigerated 4+ hours)

Directions:

- 1) Combine all ingredients except coconut milk in a medium sized bowl. Mix well.
- 2) Divide mixture evenly into 4 small bowls or mason jars. Cover and refrigerate for 4-6 hours. (Can stay refrigerated for up to 4 days).
- 3) While the pudding is setting, place a can of coconut milk in the fridge.
- 4) Once pudding is set, remove coconut milk. At this point the milk should be solid. Scoop solid coconut milk out of can and place in a chilled mixing bowl. Beat coconut milk with a stand mixer or electric hand mixer for approximately 1 minute or until it turns creamy and forms stiff peaks. You may need to add a tablespoon of coconut liquid if solids are too dense.
- 5) Remove puddings from fridge and top each with 2 tablespoons of coconut cream.  
Note: You will have some cream left over.
- 6) Enjoy!

Nutrition Facts: Calories 257, Protein 6g, Fiber 4g, Carbohydrate 22g, Sugars 7g, Total Fat 15g, Saturated Fat 5g, Sodium 115 g.