AMERICAN · DESSERT · BREAKFAST

Keto Chocolate Chia Seed Pudding

10 min · Makes 4 × 1 bowl (¼ batch) · 276 kcal a portion

Video 3:33 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients · Nut-free

Chia seeds, cream and cocoa sweetened with erythritol: about 4 g net carbs and 9 g fibre a bowl with no added sugar, so it fills you up without a sugar spike.

Diet notes: Keto (3.8 g net carbs a serve).

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Ingredients

8 · MAKES 4 × 1 BOWL (¼ BATCH)

- ☐ ¾ cup **water**
- ☐ ¾ cup **heavy cream**
- ☐ 2 tbsp **unsweetened cocoa powder**
- ☐ 3 tbsp **powdered Swerve** (or erythritol or Lakanto)
- ☐ ½ tsp **ground cinnamon**
- ☐ ½ tsp **kosher salt**
- ☐ ½ tsp **vanilla extract**
- ☐ ½ cup **chia seeds**

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour ¾ cup water and ¾ cup heavy cream into a saucepan over medium-high heat. 0:44
2. Add the cocoa powder, powdered sweetener, cinnamon, salt, vanilla and chia seeds. 0:56
3. Cook for about 5 minutes, whisking all the time so nothing catches, until the chia swells and the pudding is thick. Stir in a splash of water if you like it thinner. 1:25
4. Divide between 4 bowls and eat warm, or chill for the week. Top with a few berries or whipped cream if you like. 2:30

> **Tip** Keeps in the fridge for breakfast meal prep; you can also soak it overnight instead of cooking, as the cook notes. Sugar-free maple-style syrup can replace the Swerve.

The method is a summary in our words — the video shows every step.

One portion, 1 bowl (¼ batch), gives you

1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	5.4 g	13 g	9.2 g	24 g	260 mg
1,150 kJ	11% of a day	3.8 g net · 1.4 g sugars	33% of a day	11 g saturated	11% of a day
		5% of a day		30% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 3.8 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Omega-3 276% · Selenium 27% · Magnesium 23% · Vitamin A 20%

Source of (10–19%) Calcium 14% · Iron 13% · Zinc 12%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=cCyGsbMFIK0, published 25 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chocolate-chia-seed-pudding