



## Chocolate Chia-nanza Pudding

By Erin Fletter

**Prep Time** 35 / **Cook Time** / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chill:** to cool, not freeze, food or drink by putting it on ice or in a refrigerator.

### Equipment

- Medium bowl + lid (or plastic wrap)
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk

### Ingredients

#### Chocolate Chia-nanza Pudding

- 1 ripe banana
- 1/4 cup chia seeds
- 1 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk) \*\***
- 1 T cocoa powder **\*\* (for CHOCOLATE ALLERGY sub carob powder) \*\***
- 1 T agave nectar/honey/maple syrup
- 1 pinch salt

ice (if no refrigerator present)

## Food Allergen Substitutions

Chocolate Chia-nanza Pudding

**Dairy:** Substitute dairy-free/nut-free milk.

**Chocolate:** Substitute carob powder for cocoa powder.

## Instructions

Chocolate Chia-nanza Pudding

### intro

If serving this dessert with a meal, start it first to give it time to gel. It's a no-cook pudding made by mixing a few ingredients in a bowl and letting chia seeds do their thing. The texture is similar to tapioca pudding, but it has way less added sugar, way more nutrition (chia seeds are packed with amino acids and are a complete protein!), and—the best part—is way easier to make!

### mash + measure

In a medium-sized bowl, have kids mash **1 banana** really well. Then measure and whisk together **1/4 cup chia seeds, 1 cup milk, 1 tablespoon cocoa powder, 1 tablespoon agave nectar**, and **\*\*1 pinch** of salt into the same bowl, until all is smooth and combined.

### cover + chill + wait

Cover the bowl with plastic wrap or a lid and set aside in a refrigerator or on a bag of ice for at least 30 minutes and up to 2 hours to allow the chia seeds to absorb the liquid and thicken the pudding.

### stir + enjoy

Once the pudding is thick and set, give it a good stir to ensure no lumps. If it's too thick, you can add a splash of milk to thin it out. Enjoy!