



**USLI RENEWED YOU
WELLNESS CHALLENGE**

COCOA-CHIA PUDDING WITH RASPBERRIES

Preparation: **10** minutes | Cooking: **0** minutes | Servings: **1**

INGREDIENTS

*1/2 cup unsweetened almond milk
1/2 cup fresh raspberries
2 tablespoons chia seeds
1 tablespoon sliced almonds
2 teaspoons pure maple syrup
1/2 teaspoon unsweetened cocoa powder
1/4 teaspoon vanilla extract*



INSTRUCTIONS

Stir almond milk, chia seeds, maple syrup, cocoa powder and vanilla together in a small bowl. Cover and refrigerate for at least 8 hours or overnight. When ready to serve, stir well. Spoon about half the pudding into a serving bowl, and top with half the raspberries and almonds. Add the rest of the pudding, and top with the remaining raspberries and almonds to form a parfait style. Enjoy!

VISIT [RENEWEDYOU.USLI.COM](https://www.renewedyou.usli.com) FOR MORE INFORMATION.

Recipe source: <https://www.eatingwell.com>