




Selenium Rich Chocolate Chia Pudding

 7 ingredients  20 minutes  4 servings

Directions

1. Blend Brazil nuts in water in a high-speed blender until you get smooth, creamy milk. If desired, strain it with a nut bag or several layers of cheesecloth.
2. Add Brazil nut milk and other ingredients into a bowl and whisk until combined. Let sit several minutes (or overnight) until desired thickness is reached.

Notes

Additions Top with your favourite berries

Ingredients

1/2 cup	Brazil Nuts
2 cups	Water
1 1/2 tsp	Chia Seeds
1/4 cup	Cacao Powder
1/2 tsp	Cinnamon
1/4 tsp	Sea Salt
1 tbsp	Maple Syrup