



Creamy Chocolate Chia Pudding

This creamy chocolate chia pudding feels more like dessert than something that belongs in the “healthy breakfast” category, which is exactly where the magic happens. It is rich, silky, deeply chocolatey, and just sweet enough without wandering into sugar-bomb territory. The texture lands somewhere between pudding and mousse, with little buttery bites of macadamia tucked in for crunch.

This is the kind of make-ahead recipe that feels a little indulgent but still supports the way you want to eat. It works for breakfast, a snack, or that moment after dinner when your sweet tooth starts acting like it has legal rights. Make it ahead, let it chill, and enjoy a creamy chocolate treat that actually brings something useful to the table.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

- 1 cup Coconut Cashew Milk
- 10 soft Medjool dates, pitted
- 1-13.5-ounce can coconut milk, cream only
- 1-5.4 oz can coconut cream, cream only
- 1 medium ripe avocado
- 2 tablespoons date syrup
- 1/2 cup cacao powder
- 1/2 cup plain coconut yogurt
- 1/2 cup cottage cheese
- 1 1/2 teaspoons vanilla powder (I like Vanilla King)
- 1 Pinch of sea salt to taste
- 1/2 cup chia seeds
- 1/3 cup halved raw macadamia nuts

Instructions

Open the cans of coconut cream and skim the cream off of each can putting it into a bowl. Save the can with the remaining coconut water just in case you need to add a little later to get the consistence we need. Set the coconut cream and the coconut water in it's can aside.

Add the coconut cashew milk to the blender.

Cut each of the pitted dates in half and add them to the blender then blend with the milk to break up the dates (this should take about a minute).

Add the coconut cream, cottage cheese, coconut yogurt, and date syrup blend another minute.

Add vanilla powder, cacao, avocado and blend until completely smooth and creamy. Because this recipe uses whole dates, let the blender run long enough that no date pieces remain. The mixture should look like a thick chocolate cream. Check the consistency and if you need to add the reserved coconut water from the coconut cream can, do that now and then blend well.

Add the macadamia nuts to the blender and pulse a few times to get them chopped up (but not ground up).

Pour the chocolate mixture into a glass bowl, preferably one with a lid. Stir in the chia seeds, making sure they are evenly distributed throughout the pudding.

You can cover the large bowl at this point, or spoon into smaller containers, and cover before refrigerating. I like to refrigerate it overnight until it's thick and like a sturdy pudding.

Note

This is delicious topped with a banana or fresh raspberries. If the dates are firm instead of soft, soak the pitted dates in hot water for 10 minutes, then drain them before blending. Soft Medjool dates can go straight into the blender.

Check out my article on chia seeds at noblealchemy.com.