



## Chocolate Peanut Butter Chia Seed Pudding

### Ingredients

#### 2 servings

2 tablespoons unsweetened cocoa powder

2 tablespoons honey

¼ cup PB2 (powdered peanut butter)

¼ cup chia seeds

1 cup skim milk or unsweetened almond milk

1 teaspoon vanilla extract (optional)

### Directions

1. Mix cocoa powder, honey, and PB2 together, and incorporate well so there are no lumps.
2. Stir in the chia seeds and stir well to combine.
3. Whisk in the milk and vanilla. Let side for 5 minutes, then whisk again.
4. Cover and refrigerate for at least 2 hours before serving.