Coco-Choco-Chia Pudding
Mason Jar Meal Prep
### Makes 1 serving

N.E.W. Motivation Coaching
Nutrition. Exercise. Wellness.

Recipe by Alexia Lewis RD
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INGREDIENTS & SUPPLIES

1	Mason Jar, 1-cup size
3/4 cup	Almond milk, dark chocolate
2 Tbsp	Chia seeds
1 packet	Alternative sweetener
1 Tbsp	Coconut, shredded, no sugar added
1 pinch	Salt
2 Tbsp	Coconut whipped topping

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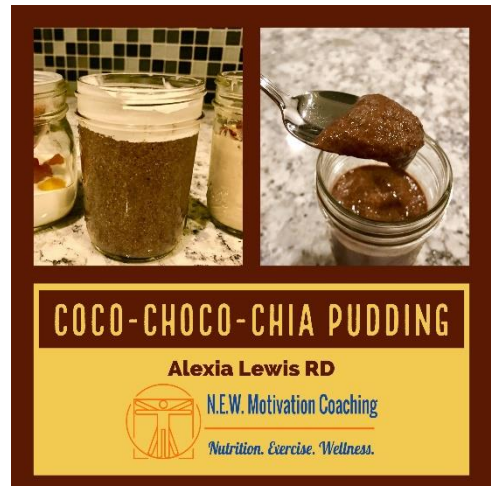
DIRECTIONS

1. Measure all ingredients except coconut whipped topping into blender
2. Blend for 30 seconds
3. Pour mixture into mason jar
4. Top with whipped topping
5. Close jar tightly and store in refrigerator until ready to eat (up to 3-5 days)

Nutrition per serving:
250 calories, 14 g fat (5 g saturated fat, 0 trans fat), 0 mg cholesterol, 275 mg sodium, 30 g carbohydrates, 10 g fiber, 15 g sugar, 5 g protein plus 50% DV calcium and 20% DV Vitamin D

NOTES

- This will have a slightly "gritty" texture due to grinding the chia seeds, you can skip grinding (and skip alternative sweetener) but you should refrigerate 2 days before serving or pudding will be much more liquid

- Reduce added sugar/carbohydrates by using unsweetened almond milk plus 1 scoop chocolate protein powder