AMERICAN · DESSERT · BREAKFAST

Keto Chocolate Chia Seed Pudding

10 min · Makes 4 × 1 bowl (¼ batch) · 276 kcal a portion

Video 3:33 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients · No nuts listed

Chia seeds, cream and cocoa sweetened with erythritol: about 4 g net carbs and 9 g fibre a bowl with no added sugar, so it is filling.

Diet notes: Keto (3.8 g net carbs a serve).

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Ingredients 8 · MAKES 4 × 1 BOWL (¼ BATCH)

- [ ] 180 ml **water**
- [ ] 180 ml **heavy cream**
- [ ] 2 tbsp **unsweetened cocoa powder**
- [ ] 3 tbsp **powdered Swerve** (or erythritol or Lakanto)
- [ ] ½ tsp **ground cinnamon**
- [ ] ½ tsp **kosher salt**
- [ ] ½ tsp **vanilla extract**
- [ ] 95 g **chia seeds**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 180 ml water and 180 ml heavy cream into a saucepan over medium-high heat. 0:44
2. Add the cocoa powder, powdered sweetener, cinnamon, salt, vanilla and chia seeds. 0:56
3. Cook for about 5 minutes, whisking all the time so nothing catches, until the chia swells and the pudding is thick. Stir in a splash of water if you like it thinner. 1:25
4. Divide between 4 bowls and eat warm, or chill for the week. Top with a few berries or whipped cream if you like. 2:30

> **Tip** Keeps in the fridge for breakfast meal prep; you can also soak it overnight instead of cooking, as the cook notes. Sugar-free maple-style syrup can replace the Swerve.

The method is a summary in our words — the video shows every step.

One portion, 1 bowl (¼ batch), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	5.4 g	13 g	9.2 g	24 g	260 mg
1,150 kJ	11% of a day	3.8 g net · 1.4 g sugars	33% of a day	11 g saturated	11% of a day
		5% of a day		30% of a day	

Energy from net carbs 6% · protein 9% · fat 85% — fits keto: 3.8 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Omega-3 276% · Selenium 27% · Magnesium 23% · Vitamin A 20%

Source of (10–19%) Calcium 14% · Iron 13% · Zinc 12%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=cCyGsbMFlK0, published 25 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-chocolate-chia-seed-pudding