

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 2 servings



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	413	Calcium	751mg
Fat	31g	Iron	5mg
Saturated	4g	Vitamin D	101IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	7g	Thiamine	0.1mg
Monounsaturated	3g	Riboflavin	0.1mg
Carbs	30g	Niacin	0mg
Fiber	16g	Vitamin B6	0.1mg
Sugar	2g	Folate	20µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	62mg
Sodium	184mg	Magnesium	185mg

Potassium	553mg	Zinc	1mg
Vitamin A	5600IU	Selenium	1µg
Vitamin C	2mg		