

## Chocolate Almond Chia Pudding Recipe



Anyone who thinks the alkaline lifestyle requires depriving yourself of delicious desserts doesn't know Alkamind!

That's just not how it works around here.

Indulging in sweet treats is one of the BEST things in life, especially if you're indulging the alkaline way with nutrient-rich, low-sugar delights. (Stay tuned on Thursday, when I'll share another way to *GET OFF*

*YOUR ACID* without sugar or artificial sweeteners.)

This pudding is as good as any high-acid dessert with none of the guilt, headaches, tummy troubles, bloat, or weight gain. Try this with the kids or guests and they are sure to want more (and more...).

Give it a try and let me know what you think over on [Facebook](#).

### CHOCOLATE ALMOND CHIA PUDDING

Ingredients [Serves 4]

2 cups almond, coconut, or hemp milk

1/2 cup chia seeds

1/4 cup raw almond butter

1/4 cup cacao powder

6 pitted dates

1/2 tsp. vanilla extract (I prefer Medicine Flower Vanilla, 15 drops)

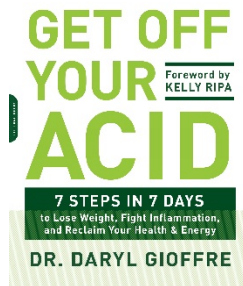
Optional: garnish with cinnamon, unsweetened coconut flakes, and hemp seeds.



### DIRECTIONS

Whisk together the almond milk and chia seeds. Stir in the almond butter, cacao powder, dates, and vanilla extract until well combined. Transfer mixture to blender and blend on high for 2 minutes or until pudding is extremely smooth and creamy.

Place in refrigerator for at least 5 hours or overnight. Garnish with cinnamon, unsweetened coconut flakes, and hemp seeds.



There are lots more delicious dessert recipes in my best-selling book, [\*Get Off Your Acid\*](#): *7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*.

In fact, you'll find 65 of my best alkaline recipes in addition to all of the information about your alkaline health.

Here's what Mario and Courtney Lopez had to say about it...