

Chocolate Chia Reishi Pudding

Chocolate Chia Reishi Pudding is a simple yet delicious treat. It might be just the easiest, healthy dessert recipe you can make and without any baking!

Prep Time: 5-10 minutes

Sit Time: 4+ hours (or overnight)

Servings: 1

INGREDIENTS

pudding

- 2 tbsp Raw Cacao powder
- 3/4 tsp Cinnamon
- 4 capsules MyPure™ Reishi
- 1/2 tsp Vanilla or Peppermint extract
- 1-1/2 tsp Honey, Agave or Maple Syrup (or replace with your sweetener of choice)
- 1/3 cup Chia Seeds
- 1 cup Almond Milk

Toppings (optional)

- Your Favorite Fruit
- Chocolate Shavings
- Dab of nut butter

INSTRUCTIONS

1. In a mason jar, add the cacao powder, cinnamon, vanilla extract, honey, almond milk and chia seeds.
2. Open up the MyPure™ Reishi capsules and add the powder to the mason jar.
3. Place the lid on the jar and shake it until all ingredients are combined.
4. Stick the mason jar in the refrigerator overnight or a minimum of 4 hours.
5. Top with your favorite fruit, chocolate shavings, seed/nut butter or other garnishes or add in some chocolate chips or other mix-ins.

