

## Gut-healing Choc Raspberry Chia Pudding

*Hard to believe it's healthy!*

This Guilt-free, chocolate chia mousse pudding is YUMMO and can be eaten for breakfast, as a dessert or just whenever you're feeling peckish!



### *What you'll need*

- Organic chia seeds 1/2 cup
- Organic coconut cream x 400ml
- Organic maple syrup or raw honey 1 tbsp
- Organic raw cacao powder 1-2 tbsp
- Cacao nibs 1 tbsp
- Organic walnuts-small handful
- Organic macadamia nuts -small handful
- Organic frozen raspberries-small handful
- 1 scoop [Perfect Hydrolyzed Collagen](#)
- Cinnamon (optional)

### *What to do*

Firstly, you'll want to defrost some raspberries (just put what you need out in the sun). Secondly, you will want to start making your Chia Mousse by pouring your coconut cream into a bowl with your maple syrup or raw honey, then add about 1/2 cup of chia, cinnamon, cacao, collagen, cacao nibs to this and whisk well. Once it's whisked well and starting to thicken up, transfer to clear glasses or ramekins. Then chop up the nuts and sprinkle on top. Finish off with the defrosted raspberries.