



## Carrot Cake Chia Pudding

2 servings

3 hours

### 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	415
Fat	32g
Saturated	4g
Trans	0g
Polyunsaturated	8g
Monounsaturated	3g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g
Cholesterol	0mg
Sodium	184mg
Potassium	555mg
Calcium	751mg
Iron	5mg
Vitamin B12	0µg

### 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.