



Jewelled Pomegranate Cacao Chia Pudding



Ruby-red pomegranate arils lend their bright colour and flavour to this rich and nutrient-packed chia pudding. Pomegranates may once have been considered forbidden, but indulge freely: they contain high levels of antioxidants, including lycopene and anthocyanins, which may be important factors in healthy sexual and cardiovascular function. Chia seeds are high in calcium, iron, protein, omega-3 fatty acids, and antioxidants, making them fantastic athletic food for energy, endurance, and recovery. Raw cacao powder and nibs are rich in magnesium, zinc, iron, flavonoids, and tryptophan – it's not surprising chocolate is good mood food as well as an aphrodisiac.

This treat is great for breakfast, after a workout, or even as a dessert for two after a romantic dinner.

Ingredients:

- ½ cup organic whole chia seeds
- 1 tsp. organic raw cacao powder
- 1 Tbsp. organic raw cacao nibs
- ½ to 1 Tbsp. organic coconut sugar or nectar (to taste)
- 1 cup regular or unsweetened almond or coconut milk
- ½ cup fresh pomegranate arils

Directions:

In a 2-cup Pyrex container or mason jar, combine the seeds, cacao powder and nibs. (*If using coconut sugar rather than nectar, add this as well.*) Close the container/jar and shake contents to help break up powder clumps and distribute.

Reopen the container/jar. Add the milk (*and coconut nectar*). Close and shake again.

Let stand in the refrigerator at least 1 hour, until the liquid is absorbed and the chia seeds have a consistency like tapioca.

Stir the pudding to redistribute ingredients. Spoon into 2 separate serving bowls. Top each serving with half the pomegranate arils.

Serve chilled. Makes 2 servings.