



## 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	413
Fat	31g
Saturated	4g
Polyunsaturated	7g
Monounsaturated	3g
Carbs	30g
Fiber	16g
Sugar	2g
Protein	12g

### 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.