

Vanilla Cardamom Chia Bowl

Source: AbcV Cafe, Better Vegan Category: Vegan Desserts
Prep Time: 10 min Setting Time: 1 hr Total Time: 1 hr 10 min
Serves 1-2
Sugar-free option available (see notes)



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Ingredients:

Chia pudding:

1 cup full-fat coconut milk
2 Tbsp. chia seeds
1/4 vanilla bean, seeds scraped out and hull discarded or used for another purpose
1 pinch ground cardamom
10 drops liquid stevia or to taste

Topping:

1 tsp. raw cacao nibs
1-2 Tbsp. raw pecans, roughly chopped
2 medium-size dates, pitted and thinly sliced
1/2 tsp. hemp seeds
1/3 cup fresh fruit in bit sizes (optional)

Instructions:

1. Prepare the ingredients.
2. Vigorously whisk 1 cup of the homemade coconut milk with the chia seeds, vanilla, and cardamom. Let set for at least 1 hour or overnight. Before using, whisk once more for texture.
3. When ready to eat, place chia pudding in a bowl and evenly distribute nuts, seeds, cacao, dried fruits, and fresh fruit over the top.

Notes:

Keep in an airtight container in the refrigerator.

You can use light coconut milk, but it will make the pudding consistency thinner. If using lighter milk, reduce the amount to 3/4 cup.

You can easily make this bowl sugar-free by omitting the fruit, including dates.

Equipment needed:

Recipe Link:

<https://www.betterveganrecipes.com/vanilla-cardamom-chia-bowl/>

Whisk

Serving suggestion:

You can serve it with any toppings you like.