



SELENIUM-RICH CHOCOLATE

Chia Seed Pudding

**This recipe is sourced from [Inspire Fitness](#)*

Ingredients:

- ½ cup Brazil nuts
- 2 cups water
- nut bag or several layers of cheesecloth (optional)
- ½ cup chia seeds
- ¼ cup unsweetened cacao powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon sea salt
- 1 tablespoon maple syrup (or sweetener of your choice)

Methods:

1. Blend Brazil nuts in water in a high-speed blender until you get smooth, creamy milk. If desired, strain it with a nut bag or several layers of cheesecloth.
2. Add Brazil nut milk and other ingredients into a bowl and whisk until combined. Let sit several minutes (or overnight) until desired thickness is reached.

Serve and Enjoy!

Tip: Makes a simply delicious breakfast or dessert topped with berries.