



Chocolate Chia-nanza Pudding

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

chill: to cool, not freeze, food or drink by putting it on ice or in a refrigerator.

Equipment

- ☐ Medium bowl + lid (or plastic wrap)
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk

Ingredients

Chocolate Chia-nanza Pudding

- ☐ 1 ripe banana
- ☐ 1/4 cup chia seeds
- ☐ 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T cocoa powder ****(for CHOCOLATE ALLERGY sub carob powder)****
- ☐ 1 T agave nectar/honey/maple syrup
- ☐ 1 pinch salt

☐ ice (if no refrigerator present)

Food Allergen Substitutions

Chocolate Chia-nanza Pudding

Dairy: Substitute dairy-free/nut-free milk.

Chocolate: Substitute carob powder for cocoa powder.

Instructions

Chocolate Chia-nanza Pudding

intro

If serving this dessert with a meal, start it first to give it time to gel. It's a no-cook pudding made by mixing a few ingredients in a bowl and letting chia seeds do their thing. The texture is similar to tapioca pudding, but it has way less added sugar, way more nutrition (chia seeds are packed with amino acids and are a complete protein!), and—the best part—is way easier to make!

mash + measure

In a medium-sized bowl, have kids mash **1 banana** really well. Then measure and whisk together **1/4 cup chia seeds, 1 cup milk, 1 tablespoon cocoa powder, 1 tablespoon agave nectar**, and ****1 pinch** of salt into the same bowl, until all is smooth and combined.

cover + chill + wait

Cover the bowl with plastic wrap or a lid and set aside in a refrigerator or on a bag of ice for at least 30 minutes and up to 2 hours to allow the chia seeds to absorb the liquid and thicken the pudding.

stir + enjoy

Once the pudding is thick and set, give it a good stir to ensure no lumps. If it's too thick, you can add a splash of milk to thin it out. Enjoy!

Featured Ingredient: Chia Seeds!

Hi! I'm a Chia Seed!

"Chia seeds may make you think of the terra cotta chia planters of animals and people that sprout fur and hair from chia seeds, first sold in 1977. We're a whole lot more than that, though. We're considered a 'superfood'! We add fiber and protein to foods, thicken sauces, and replace eggs in baked foods!"

History & Etymology

The chia plant is native to central and southern Mexico and Guatemala. Records indicate chia seeds were used as a food source as far back as 3500 BCE. It was the third most important crop for the Aztecs, who recognized it as a "superfood" and prized it so highly that it was often used as currency.

Aztec warriors and runners are believed to have sustained themselves for an entire day on just a tablespoon of chia.

After the Spanish conquest, chia seeds nearly disappeared as the Spaniards banned foods that were linked to Aztec religion or tradition and virtually wiped out the complex agricultural system established by the Aztecs to grow foods that were popular in Spain instead.

The word "chia" is derived from the Nahuatl word "chian," which means "oily."

Anatomy

The chia plant (*Salvia hispanica*) is an annual flowering plant in the Lamiaceae or mint family. It is a pseudocereal or pseudograin, meaning it is a non-grass used similarly to cereal grains.

The plant can grow to over five feet and has purple or white flowers. They are grown for their edible, dark brown, oval seeds, which are 1 millimeter or 1/32 inch in diameter. The seeds are hydrophilic, meaning they can be mixed with or dissolved in water.

How to Store and Use

Because of their natural antioxidants, chia seeds do not spoil easily and can be stored unopened for 2 to 4 years on the shelf or 3 to 5 years in the refrigerator or freezer. They can be kept in an airtight container for 1 to 2 years once they are opened.

Chia seeds absorb up to 12 times their weight in whatever liquid they are soaking in. This little trick makes them a great thickening agent. Use whole seeds in hearty, chunky sauces. Need to thicken up a thinner, delicate sauce? Add a few tablespoons of whole chia seeds to a coffee grinder to create chia powder that will still thicken but be invisible in your sauce.

Add chia seeds to smoothies, yogurt, oatmeal, granola, or other cereal. Include them in bread, muffins, cakes, and cookies. Sprinkle chia seeds in salads, salad dressings, and soups.

Chia pudding is made by soaking chia seeds overnight in milk or juice. It is a healthy breakfast or snack. The popular Mexican drink "chia fresca" is made by soaking chia seeds in water until they become gelatinous and then adding sugar and lemon or lime juice.

Nutrition

Chia seeds are rich in omega-3 fatty acids and antioxidants. One tablespoon has 5 grams of fiber and 2 grams of protein. They have 15 percent of the daily value of magnesium and phosphorus and 9 percent of the daily value of calcium.

Chia seeds are a good source of electrolytes, which help with muscle function, and a moderate source of zinc, which helps with immune function.