

# Low-Carb Berry Chia Pudding

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 19 g, Fiber: 13.5 g, **Net carbs: 5.5 g**,

Protein: 8 g, Fat: 22.4 g, Calories: 288 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

1/4 cup [chia seeds](#), whole or ground (32 g/ 1.1 oz)

1/4 cup [coconut milk](#) (I like [Aroy-D coconut milk](#)) or heavy whipping cream (60 ml/ 2 fl oz)

1/2 cup water or [almond milk](#) (120 ml/ 4 fl oz)

1/4 tsp [cinnamon](#) or sugar-free [vanilla extract](#)

1 tbsp [Erythritol](#) or [Swerve](#), powdered, or other [healthy low-carb sweetener from this list](#) (10 g/ 0.4 oz)

5-10 drops [Stevia](#) extract

1/4 cup berries, fresh or frozen (38 g/ 1.3 oz)

*The main reason I use two sweeteners in most of my recipes is that a combination of more sweeteners mask the aftertaste / bitterness of some of them. If the pudding is too thick, add 2-4 tbsp of water or [almond milk](#).*

## Instructions

Mix the chia seeds, coconut milk, water, cinnamon, Erythritol and stevia. If you prefer a smoother texture, use ground chia seeds (note: ground chia seeds may taste bitter). Mix in the berries - you can use fresh or frozen. Let it sit for at least 10-15 minutes, ideally overnight in the fridge. Enjoy!

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