

# Mint & Chocolate Chip Chia Pudding

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 19.3 g, Fiber: 12.5 g, **Net carbs: 6.8 g**,

Protein: 9.2 g, Fat: 28.8 g, Calories: 354 kcal,

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



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## 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)

1-2 tbsp fresh mint leaves or 1/2 tsp [mint 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](#)

2 tbsp [dark chocolate](#) chips, chopped (15 g/ 0.5 oz) - I used 85% chocolate

*Optional:* Top with whipped cream or [creamed coconut milk](#)

*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

1. Place the mint leaves, coconut milk (or cream) and water into a blender and pulse until smooth. If using mint extract, you can skip this step.
2. Mix the chia seeds with the coconut milk mixture and add Erythritol.
3. Add a few drops of stevia and mix well. If you prefer a smoother texture, use ground chia seeds (note: ground chia seeds may taste bitter). Let it sit for at least 10-15 minutes, ideally overnight in the fridge.
4. Roughly chop the dark chocolate and mix it in the chia pudding.
5. Optionally, top with a dollop of whipped cream or coconut milk and Enjoy!

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