

# Keto Mint & Chocolate Chip Chia Pudding

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving, 1 jar):** Total carbs: 19.3 g, Fiber: 12.5 g, **Net carbs: 6.7 g**,

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

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



## Ingredients (makes 1 serving)

- 4 tbsp whole [chia seeds](#) (32 g/ 1.1 oz)
- 1/4 cup [coconut milk](#) or heavy whipping cream (60 ml/ 2 fl oz)
- 1/2 cup water or unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- few fresh mint leaves or 1/2 tsp [mint extract](#)
- 1 tbsp [powdered Erythritol](#) or [Swerve](#) (10 g/ 0.4 oz) or [liquid stevia](#) to taste
- 2 tbsp [dark chocolate](#) chips (15 g/ 0.5 oz) - *I used chopped 85% chocolate*
- Optional:* Top with whipped cream or [creamed coconut milk](#)

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## 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 that ground chia seeds may taste bitter). Let it sit for at least 10-15 minutes, ideally overnight in the fridge.
4. Just before serving, roughly chop the dark chocolate and mix it in the chia pudding. Don't leave the chocolate in the pudding overnight or it will get soft and will lose its flavour.
5. Optionally, top with a dollop of whipped cream or coconut milk and serve. Store in the fridge for up to 3 days.

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