

# Pumpkin Pie Keto Chia Pudding

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 19.8 g, Fiber: 13.2 g, **Net carbs: 6.6 g**,

Protein: 8.1 g, Fat: 22.4 g, Calories: 295 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)

1/4 cup water or [almond milk](#) (60 ml/ 2 fl oz)

1/4 cup [pumpkin purée](#) (you can [make your own](#)) (50 g/ 1.8 oz)

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](#)

1/2 tsp [pumpkin pie spice mix](#) (you can [make your own](#))

*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. Combine the chia seeds, coconut milk, water, pumpkin puree, 1/2 tsp pumpkin spice mix, Erythritol and stevia. If you prefer a smoother texture, use ground chia seeds (note: ground chia seeds may taste bitter).
2. Mix and transfer into a jar. Let it sit for at least 10-15 minutes, ideally overnight in the fridge. Top with some cinnamon or pumpkin spice mix just before serving. Enjoy!

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)