

Chocolate & Orange Keto Chia Pudding

Hands-on 5 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 19.3 g, Fiber: 12.4 g, **Net carbs: 6.9 g**,

Protein: 9.2 g, Fat: 29.2 g, Calories: 357 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)
- 1/2 tsp fresh orange zest or sugar-free [orange extract](#) or a few drops of [orange oil](#)
- 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 (I used Orange [Stevia](#))
- 2 tbsp [85% dark chocolate](#) (15 g/ 0.5 oz)

Optional: top with whipped cream or [coconut cream](#)

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. Mix the chia seeds, coconut milk, water and Erythritol. If you prefer a smoother texture, use ground chia seeds (note: ground chia seeds may taste bitter).
2. Add fresh orange zest (or orange extract) ...
3. ... and 5-10 drops of stevia.
4. Let it sit for at least 10-15 minutes, ideally overnight in the fridge. Just before serving, add chopped dark chocolate chips or grated dark chocolate.
5. Optionally, top with whipped cream, orange zest and some grated dark chocolate. Enjoy!

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