

Easy Cappuccino Macadamia Chia Pudding

Hands-on 10 minutes Overall 1 hour

Nutritional values (per serving, 1 small jar): Total carbs: 11.7 g, Fiber: 9.4 g,

Net carbs: 2.4 g, Protein: 5.8 g, Fat: 9.7 g, Calories: 151 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Coffee Layer:

2/3 cup chia seeds (100 g/ 3.5 oz)

2 cups + 2 tbsp unsweetened macadamia milk or almond milk (510 ml/ 17 fl oz)

1/2 cup espresso coffee (120 ml/ 4 fl oz)

4 tbsp Swerve or Erythritol (40 g/ 1.4 oz) or stevia drops to taste

Optional: add 1-2 tablespoons cacao powder for a mocha flavour!

Vanilla Layer:

1/3 cup chia seeds (50 g/ 1.8 oz)

1 cup + 1 tbsp macadamia milk or almond milk (250 ml/ 8.5 fl oz)

2 tbsp Swerve or Erythritol (20 g/ 0.7 oz) or stevia drops to taste

1 tsp sugar-free vanilla extract or 1/4 tsp vanilla bean powder

1 tsp cacao powder or cinnamon

Tips & substitutions:

This treat can be made sweetener-free if you prefer to skip all sweeteners.

For a nut-free option, use any seed milk (poppy seed and sunflower seed milk are great options). Here's a simple guide on how to make your own nut and seed milk. Alternatively, you could use coconut cream or heavy whipping cream mixed with water (adjust for the extra fat).

For extra flavour, fats and protein, add 3-4 tablespoons of almond butter or any nut butter into the liquid ingredients and blend until creamy.

Instructions

1. Start with the coffee layer.
2. Pour the chia seeds into your blender, or spice grinder and blitz into a powder. *Note: Blending the chia seeds is optional and you can*

use whole chia seeds if you prefer a more textured pudding.

Also keep in mind that ground chia seeds sometimes result in slightly bitter aftertaste.

3. Add the rest of the ingredients and blend until it thickens (or pour the liquid ingredients over whole chia seeds if you prefer to use whole). Taste the mixture to see if you require additional sweetener.
4. Pour the mixture into your serving jars, to the 2/3 full mark and pop in the fridge to chill while you make the next layer.
5. Wash out your blender and repeat the process for the vanilla layer. Pour on top of the coffee layer and chill for about an hour. *Note: You can use heavy whipping cream or coconut cream instead of macadamia milk if you want this layer to be light and creamy, just adjust your macros.*
6. Sprinkle with cacao powder prior to serving. Store in the fridge for up to five days.

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