

# 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](#)

*macadamia milk if you want this layer to be light and creamy, just adjust your macros.*

- Sprinkle with cacao powder prior to serving. Store in the fridge for up to five days.

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## Instructions

- Start with the coffee layer.
- 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.*
- 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.
- 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.
- 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*