

Recipes makes:



Ingredients-

- ♥ 2.5 cups almond milk
- ♥ 1/3 cup **Organic Black Chia Seeds**
- ♥ 5 raw dates (pitted)
- ♥ ½ cup unsweetened cocoa powder
- ♥ 1 Tbsp vanilla extract
- ♥ 1 Tablespoon honey
- ♥ ½ cup sliced almonds
- ♥ 1 cup whole raspberries

PREPARATION:

1. Combine almond milk, chia seeds, cashews, dates, vanilla, cocoa power in a blender. Puree until smooth texture.
2. Dish into 6- ½ cup servings
3. Cover and refrigerate for 4 hours or until cold and set. Top with fresh raspberries.

Nutrition Facts			
Serving Size: 1/2 cup (112.1g)			
Servings: 9			
Amount Per Serving			
Calories	110	Calories from Fat	50
		% Daily Value*	
Total Fat	5g		8%
Saturated Fat	1.5g		7%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	50mg		2%
Total Carbohydrate	18g		6%
Dietary Fiber	9g		36%
Sugars	5g		
Protein	4g		
Vitamin A	0%	Vitamin C	6%
Calcium	8%	Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g