



Chocolate and chia seed dessert

Serves 2

Prep time: 5 minutes + chilling time 1-2 hours

Cooking time: 0 minutes

Per portion

Calories: 202

Fat: 11.3g

Saturates: 1.3g

Carbs: 13.4g

of which sugars: 11.8g

Fibre: 9g

Protein: 7.6g

Salt: 0.21g

Ingredients:

300ml Alpro Almond Dark Chocolate Longlife Drink

45g Chia seeds

50g fresh raspberries

10g flaked almonds

Instructions:

Mix the almond chocolate drink and chia seeds together in a bowl and then pour into two tumblers or glass dessert dishes. Leave to thicken for 1-2 hours in the fridge or for better results overnight

Just before serving top with the raspberries and flaked almonds