



# Choc Protein Chia Pots

Bariatric-Friendly, High-Protein, Low Sugar

Makes 2–3 small servings – Prep time: 20 mins – Sit time: at least 3–5 hours

## Ingredients

- 2 tablespoons cacao powder
- 2 tablespoons sugar-free maple syrup
- 1 teaspoon vanilla extract
- ¼ cup chocolate protein powder (whey, collagen, or plant-based)
- 1 cup unsweetened almond or soy milk
- ¼ cup chia seeds

## Directions

**In a medium bowl**, whisk together the cacao powder, protein powder, maple syrup, and vanilla until smooth.  
**Slowly whisk** in the milk to form a smooth mixture.  
**Stir in** the chia seeds and combine well  
**Let sit** for 10 minutes, then stir again to prevent clumping.  
**Cover and refrigerate** for at least 3–5 hours or overnight, until thick and pudding-like.

### FLAVOUR VARIATIONS

Using different flavoured protein powders and puréed fruit with give you easy flavour options (Use vanilla protein powder for these adaptations)

#### Coconut Vanilla Bliss

- Swap cacao for 1 tbsp coconut • Add ½ tsp coconut essence • Top with toasted coconut & berries

#### Lemon Cheesecake Pot

- Add 1 tsp lemon juice + zest • Garnish with yoghurt, crushed granola, and blueberries

#### Mocha Mousse Pot

- Add ½ tsp instant espresso powder to chocolate version • Garnish with cacao nibs & a drizzle of yoghurt

#### Choc Mint Fresh

- Add 2 drops peppermint essence to chocolate mix • Top with cacao nibs & a fresh mint leaf or mint protein bar crumble

## To serve, garnish each pot with:

- 1 tablespoon low-fat, high-protein Greek yoghurt
- A few frozen raspberries or mixed berries
- 1 tablespoon granola (low-sugar or high-protein recommended)
- Sprinkle of cacao nibs or desiccated coconut (based on flavour choice)

**Keeps well in fridge for 3–5 days**

	Protein	Carbs
Approximately per serve (if making 2 serves)	18g	11.5g

