



Dark Chocolate and Blood Orange Chia Pudding

GF
option

V
option

INGREDIENTS

2 blood oranges
1 cup Hy-Vee plain Greek yogurt
½ cup unsweetened original oat milk
½ cup fresh blood orange juice
¼ cup Full Circle Market organic chia seeds
2 tbsp Hy-Vee honey, divided
1 tsp Hy-Vee vanilla extract
Zöet 57% cacao dark chocolate, shaved, for serving

PREPARATION

- 1** Cut and discard peel from oranges. Cut segments from oranges into a small bowl. Cover and refrigerate.
- 2** Combine yogurt, oat milk, blood orange juice, chia seeds, 1 tablespoon honey, and vanilla. Cover and refrigerate chia mixture for 6 hours or overnight, stirring after 3 hours.
- 3** To serve, toss remaining 1 tablespoon honey with orange segments. Spoon 1-½ cups chia mixture into 2 (10-oz. each) glasses. Add orange segment mixture; top with remaining chia mixture. Serve topped with shaved chocolate, if desired.

NUTRITION FACTS

Calories: 360
Total Fat: 8g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 5mg

Sodium: 65mg
Carbohydrates: 57g
Fiber: 11g
Sugar: 39g
Protein: 17g