

GSDeeelicious!

Glycogen Storage Disease Friendly Recipes

Chocolate Mocha Chia Pudding

Recipe makes: 6 servings

Prep time: 10 minutes

Chill time: 4 hours

Nutrition info per serving	1/6 of pudding
Calories	184
Carbohydrate	12 g
Protein	15 g
Fat	9 g
Total Sugars	0.8 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.



Chocolate Mocha Chia Pudding

Ingredients:

- 6 cups (1440 g) unsweetened almond milk
- 3 scoops (64.5 g) unflavored protein powder
- 1 Tbsp (5.4 g) unsweetened cocoa powder
- ½ tsp (1 g) erythritol or another suitable sweetener
- 1 Tbsp (3 g) instant coffee, optional
- ¾ cup (120 g) chia seeds

Directions:

1. In a blender, combine almond milk, protein powder, cocoa powder, sweetener and instant coffee (optional); blend until smooth.
2. Add almond milk mixture to a medium-sized glass bowl and mix in the chia seeds.
3. Cover bowl and refrigerate for at least 4 hours (or overnight).
4. Mix once after 2 hours.

Serving suggestions: After step 2. pour pudding mixture into 6 tumblers or dessert bowls, cover and chill.



Innovation in Nutrition
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Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

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