

## Overnight Chocolate Chia Seed Pudding

Servings: 4 (1/2-cup servings)

Adapted from [minimalistbaker.com](http://minimalistbaker.com)

### Ingredients

- 1/4 cup unsweetened cocoa powder, sifted
- 3-5 Tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1 pinch coarse salt
- 1/2 tsp vanilla extract
- 1 1/2 cups light coconut milk
- 1/2 cup chia seeds

### Instructions

1. Using a small mixing bowl add cocoa powder, maple syrup, ground cinnamon, salt, and vanilla. Use a whisk to combine. Add a little milk at a time and whisk until a paste forms. Add the rest of the milk and whisk until smooth.
2. Add chia seeds and whisk once more to combine. Cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
3. Leftovers keep covered in the fridge for 4-5 days, though best when fresh. Serve chilled with desired toppings.

## Chocolate Mousse with Berries

Servings: 4 (1-cup servings)

Adapted from Food and Health Communications

### Ingredients

- 1 box (12 oz) silken tofu
- 1/3 cup sugar
- 1/4 cup unsweetened cocoa powder (preferably dark cocoa)
- 2 cups assorted berries (sliced strawberries, raspberries, blueberries, etc.)
- Whipped cream (optional)

### Instructions

1. Puree tofu, sugar and cocoa powder in a blender or food processor. Divide between four tall stemmed glasses. Refrigerate until ready to serve.
2. Mash berries in a bowl and divide among the four glasses on top of the mousse. Top with whipped cream if desired.

# Chocolate Zucchini Banana Cupcakes

Servings: ~12 muffins

Adapted from Chef In Training

## Ingredients

- 1 cup mashed banana
- 1/3 cup canola oil
- 1 large egg
- 1 ½ cups grated, well-drained zucchini
- 1 cup sugar
- 1 cup white wheat flour
- ¾ cup all-purpose flour
- ¼ cup cocoa powder
- 1 tsp baking soda
- ¼ tsp baking powder
- ¾ cup mini chocolate chips

## Instructions

1. Preheat oven to 350°. In a large bowl, combine banana, oil, egg and zucchini.
2. In a separate large bowl, sift together sugar, flours, cocoa, baking soda and baking powder. Add to banana/zucchini mixture. Stir in chocolate chips.
3. Lightly grease a muffin tin, or line with papers. Spoon batter into muffin tin. Bake for 20-25 minutes.