

Dark Chocolate “Naturopathic” Pudding (UK)

Creamy, rich, and naturally sweetened — great as an evening treat without a sugar crash.

Benefits (why this is “naturopathic”)

- Craving control & steadier blood sugar: Uses fibre & healthy fats & protein (instead of lots of sugar), helping you feel satisfied & reducing the “more-more-more” effect.
- Mood & stress support: Dark chocolate/cocoa contains polyphenols & magnesium-supportive compounds that many people find calming (especially paired with protein).
- Gut-friendly: Chia provides soluble fibre that supports bowel regularity & feeds good gut bacteria.
- Hormone-supportive fats: Full-fat Greek yoghurt (or coconut yoghurt) & chia provide fats that support hormone production & satiety.
- Anti-inflammatory antioxidants: Cocoa is rich in polyphenols; berries add extra antioxidants if you top with them.

Option A (best): Dark Chocolate Chia & Yoghurt Pot (serves 1)

Ingredients (UK)

- 150g full-fat Greek yoghurt (or coconut yoghurt for dairy-free)
- 1 tbsp chia seeds (12–15g)
- 1 tbsp cocoa powder (unsweetened)
- 1–2 tsp honey or maple syrup (optional, to taste)
or 2–4 drops liquid stevia if you prefer
- 1/2 tsp vanilla extract
- Pinch of sea salt

Toppings (optional)

- 10–20g 85–90% dark chocolate, finely chopped
- Handful of raspberries or strawberries
- 1 tsp nut butter (almond/peanut)
- Sprinkle of pumpkin seeds or cacao nibs

Method

1. In a bowl, mix yoghurt, cocoa, vanilla, salt & your chosen sweetener until smooth.
2. Stir in chia seeds well (so they don’t clump).
3. Leave 10 minutes, stir again, then chill at least 1 hour (or overnight) until thick.
4. Top with chopped dark chocolate & berries.

Texture tip: If you want it more “mousse-like,” add 1–2 tbsp milk (dairy or almond) before chilling.

Option B: Avocado Dark Chocolate Mousse (serves 2)

More “dessert-y” & very filling.

Ingredients

- 1 ripe avocado
- 2 tbsp cocoa powder
- 2–3 tbsp Greek yoghurt (or coconut yoghurt)
- 1–2 tbsp honey/maple (or stevia to taste)
- 1/2 tsp vanilla
- Pinch sea salt
- Optional: 2 tbsp milk to loosen

Method

1. Blend everything until completely smooth (stick blender or small food processor).
2. Taste & adjust sweetness.
3. Chill 30–60 minutes before serving.
4. Add toppings (berries, dark choc, seeds).