

## Meal-Prep Strawberry Chia Pudding Cups That Taste Like Dessert

Strawberry Chia Pudding Cups with a Crackable Chocolate Shell



**TIME**  
**15 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 2 1/2 cups milk of choice (almond, coconut, or a blend)
- 2 ... cups chopped strawberries, divided (plus extra for garnish)
- 1 ... cup freeze-dried strawberries (about a 1 oz bag)
- 2 tbsp maple syrup (regular or sugar-free)
- 1 cup chia seeds
- 1/2 cup sugar-free dark chocolate or semi-sweet chocolate chips
- 1 tsp coconut oil

### DIRECTIONS

1. Blend the Base: In a blender, combine:
2. milk
3. 1 cup fresh strawberries
4. freeze-dried strawberries
5. maple syrup
6. Blend until completely smooth, then pour into a medium bowl.
7. Add Chia Seeds: Stir in the chia seeds and whisk vigorously to prevent clumps. Let sit for 15 minutes, then whisk again. This second whisk is key for even thickening.
8. Layer the Cups: Divide the remaining chopped strawberries into 5 glasses or jars (about ... cup each). Pour about 3/4 cup chia pudding mixture over each portion of strawberries.
9. Chill to Set: Refrigerate for at least 1 hour (or overnight) until thick and spoonable.
10. Make the Chocolate Top: Melt the chocolate chips with coconut oil in 30-second bursts, stirring between, until silky smooth.
11. Seal the Top: Spoon about 1 tablespoon of melted chocolate over each cup and spread gently into a thin layer. Garnish with extra strawberries.
12. Final Chill: Refrigerate 1-2 hours until the chocolate hardens into that magical crackable shell.

### SWAPS & NOTES

Milk options: Almond milk keeps it light, coconut milk makes

it extra rich.

Sweetener: Maple syrup is great, but honey or agave works too.

If your strawberries are super sweet, you can reduce it.

Chocolate: Any chocolate chips work-dark chocolate gives the best contrast with the berries.

### TIPS FOR SUCCESS

Whisk twice (once right after adding chia, once after 10-15 minutes).

This prevents clumps and gives a silky finish.

Thin chocolate layer = better crack.

Too thick and it gets harder to break cleanly.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/meal-prep-strawberry-chia-pudding-cups-that-taste-like-dessert/>