

Chocolate Orange Energy Gel

In addition to containing over 30% of your daily vitamin C, this chocolate orange energy gel contains a solid mini boost of carbs and fibre.

Prep Time: < 5 mins

Cooking Method: Soak

Cooking Time: 15+ mins

Yield: 1



Ingredients:

- 2 tsp chia seeds
- 4 tbsp orange juice (fresh squeezed is best!)
- 1/2 tsp cocoa powder
- 1/2 tsp sugar

Directions:

1. Combine cocoa powder, orange juice and sugar in a container. Stir to dissolve sugar.
2. Add chia seeds. Stir and let sit for at least 15 minutes (a gelatinous mixture will form)

Voilà! Your Chocolate Orange Gel is ready to go!

Notes:

- Store gel in the fridge for up to 1 week.
- You can make more than 1 serving at once (*simply multiply quantities by how many servings you want; prep is the same and can be done together*). Each serving is 1/4 cup/2 oz. of finished gel.
- I like to pack single servings in 2 oz. **GoToobs**. Perfect size, packable and has a wide mouth/easy to fill.
- Try a different flavour! Check out our [Coconut Mocha Energy Gel](#) post.

Chocolate Orange Energy Gel (cont'd)

Nutrition Information

**Nutrition information is estimated using an online nutrition calculator.*

Actual nutrition facts may vary.

Per Serving:

Calories: 70 kcal **Protein:** 1.5g **Carbs:** 12g **Fat:** 2g **Fibre:** 3g

Sugar: 7g **Sodium:** 2mg **Saturated Fat:** 0.2g **Cholesterol:** 0mg



Nomads Kitchen

