Staying healthy during summer can be difficult when your grocery store only has ice cream loaded with synthetic chemicals. Fortunately, you can make your own nutritious and delicious summer desserts. Tingle your taste buds and nourish your body with our Superfood Ice Cream and Chia Pudding Dessert recipes. For your added convenience, the majority of these ingredients **are available** at the Health Ranger Store, where every ingredient has been carefully selected, certified organic, and laboratory verified.

**DESSERTS**

[SHOP NOW](https://www.healthrangerstore.com/collections/desserts-to-beat-the-heat/products/freeze-dried-organic-whole-blueberries-2oz?variant=16535319105" \t "_blank)

**Get ingredients here:**

* 1/2 cup of [Health Ranger's Organic Chia Seeds](https://www.healthrangerstore.com/collections/desserts-to-beat-the-heat/products/100-organic-chia-seeds-16oz?variant=16535925953)
* 2 small avocados

**CHOCOLATE CHIA PUDDING RECIPE**

1. Whisk all the ingredients for the chia pudding together until the raw honey dissolves.
2. Chill for at least 4 hours or overnight to let the ingredients gel.
3. Once the chia gels, start prepping for the chocolate pudding.
4. Mix all the ingredients for the chocolate pudding together. Blend until smooth.
5. Layer each mixture. Sprinkle cacao nibs on top, and enjoy!

**Chia Pudding:**

**Instructions:**

* 4 tbsp [Organic Raw Honey](https://www.healthrangerstore.com/collections/chocolate-chia-pudding/products/tropical-traditions-canadian-raw-honey-17-6oz?variant=16535932865)

[Try this Delicious Pudding Recipe!](https://www.healthrangerstore.com/collections/desserts-to-beat-the-heat%22%20%5Ct%20%22_blank)

* 1/4 cup [Health Ranger's Cocoa Love](https://www.healthrangerstore.com/collections/desserts-to-beat-the-heat/products/cocoa-love-12oz?variant=29176416845)

**Chocolate Pudding:**

* 1 tsp vanilla
* Health Ranger's [Organic Cacao Nibs](https://www.healthrangerstore.com/collections/desserts-to-beat-the-heat/products/100-organic-cacao-nibs-6oz?variant=16535210369)
* a pinch of [Health Ranger's Himalyan Salt](https://www.healthrangerstore.com/collections/chocolate-chia-pudding/products/pink-himalayan-salt-fine-16-oz?variant=16536031041)
* 3 tbsp organic plain yogurt (unsweetened)
* 3 cups coconut milk of choice
* 1/2 cup coconut milk of choice
* 1 tsp vanilla