



Warm Apple Chia Pudding

1 serving
10 minutes

Ingredients

- 3 tbsps Chia Seeds
- 3/4 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon
- 1 Apple (cored and diced)
- 2 tbsps Pecans
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	490
Fat	33g
Carbs	46g
Fiber	17g
Sugar	20g
Protein	12g
Cholesterol	0mg
Sodium	124mg
Potassium	662mg
Vitamin A	482IU
Vitamin C	9mg
Calcium	622mg
Iron	4mg
Vitamin D	76IU
Vitamin B6	0.1mg
Vitamin B12	0µg
Magnesium	189mg
Zinc	1mg

Directions

- 1 Whisk together the chia seeds, almond milk and cinnamon in a small pot over medium-low heat.
- 2 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 3 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

Notes

Leftovers, Keeps well in the fridge in an air-tight container up to 3 to 4 days.

No Heat, Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

Nut-Free, Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.