

APPLE CINNAMON CHIA ALMOND PUDDING

4 servings

CALORIES	FAT	SAT FAT	CARBS	SUGAR	PROTEIN	FIBER	SODIUM
000	00g	00g	00g	0g	0g	0g	000mg

Ingredients

- 4 tbsp Toasted Sliced Almonds
- 8 tbsp Chia Seeds
- 1 quart Unsweetened Almond Milk
- 2 tbsp Honey
- 4 tbsp Oatmeal
- 1 ¼ tsp Ground Cinnamon
- 2 cup Fresh Apples, Peeled, Diced
- 1 ½ tsp Lemon Juice
- 4 Fresh Mint

Directions

Prep time = 10 minutes

Cook time = 4 minutes

1. Preheat oven to 350F. Spread sliced almonds on a cookie sheet or small metal baking dish. Bake for 3-4 minutes, checking almonds and shaking pan to stir until they just start to turn light brown. Cool.
2. Dice the apples and toss with the lemon juice.
3. In a bowl, combine almonds, Chia seeds, almond milk, honey, oats, cinnamon and apples. Mix thoroughly. Cover bowl and place in refrigerator for at least 6 hours (overnight for best results)
4. To serve, garnish each portion with 1 mint leaf.