

## THE GOODS

- 4 Tbsp chia seeds
- 3/4 cup dairy free milk
- 1 Tbsp butter, ghee or coconut oil
- 1 apple chopped
- 2 tsp cinnamon (or more if you like)
- 1 Tbsp maple syrup
- 1/4 cup toasted pecan (optional)
- Pinch of sea salt
- Add hemp or flax seeds (optional)

## THE METHOD:

Sauté the chopped apple in butter, ghee, or coconut oil until lightly softened. Sprinkle with cinnamon. Remove and put to the side. Pour the chia into the skillet (with any leftover butter, ghee or coconut oil). Add the milk slowly and simmer, stirring actively with a spatula for about 3-4 min, until the chia softens (taste if needed). Once soft, scoop the warm chia pudding into your favorite vessel, layer in the cooked cinnamon apples. Top with maple syrup, chopped pecan, a pinch of sea salt, and more cinnamon to taste. Feel free to add any other favorite toppings such as nut butter, yogurt, or extra nuts and seeds.

Savor and enjoy.



WEBSITE



INSTAGRAM