

Food Babe's Apple Pie Chia Pudding



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	4

<https://foodbabe.com/apple-pie-chia-pudding>

Ingredients:

- ½ cup chia seeds
- 3 cups coconut milk
- 1 teaspoon apple pie spice
- 1 teaspoon vanilla extract
- 1 apple, shredded
- 3 tablespoons maple syrup - grade B
- ½ cup coconut flakes
- ½ cup walnuts, chopped

Apple Pie Spice:

- 2 tablespoons ground cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground allspice
- ½ teaspoon ground ginger

Instructions:

1. To make the apple pie spice, mix together all of the ingredients in a bowl.
2. To make the chia seed pudding, mix together all of the ingredients except the coconut flakes and walnuts. Place in the refrigerator overnight.
3. To serve, place the chia seed pudding in a bowl. Sprinkle with some of the coconut flakes and walnuts. Enjoy!

Notes:

- Please choose all organic ingredients if possible