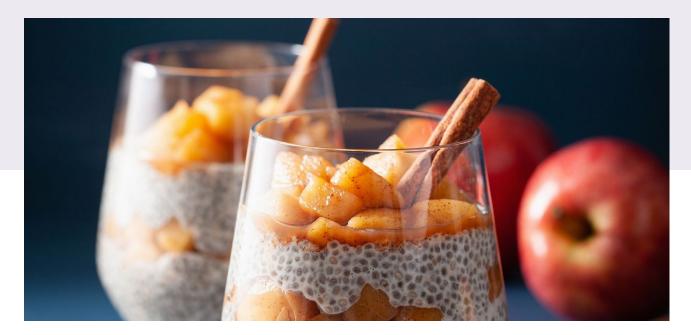
Warm Chia Apple Pudding

2 SERVINGS 10 MINUTES



INGREDIENTS

1/3 cup Chia Seeds

11/2 cups Unsweetened Almond Milk

1/2 tsp Cinnamon

2 Apple (cored and diced)

2 tsps Coconut Oil (to sautee the apple slices)

1/4 cup Pecans

2 tbsps Almond Butter (organic)

NUTRITION

AMOUNT PER SERVING

Calories	530	Fiber	17g
Fat	37g	Sugar	20g
Carbs	46g	Protein	12g

DIRECTIONS

- 01 In a small pot, warm the almond milk and whisk in the chia seeds and cinnamon. Stir for 5 to 7 minutes until heated up and the mixture has thickened up.
- 02 In the meantime, add the coconut oil and apple slices to a medium-size pot and heat over medium heat. Sautee the apple slices for a few minutes until warmed through and soft. When done, take off the heat and set aside.
- 03 When the almond milk chia mixture is done, remove from heat and let cool a little. Add to a bowl and top with sauteed apples, pecans, and almond butter. Enjoy!

NOTES

LEFTOVERS Keeps well in the fridge in an air-tight container overnight. MORE PROTEIN Add in a serving of protein powder.



Coconut Banana Steel-Cut Oats

2 SERVINGS 25 MINUTES



INGREDIENTS

2/3 cup Organic Coconut Milk (canned)
2/3 cup Water
1/2 cup Steel Cut Oats (uncooked)
1 Banana (very ripe)
1/4 cup Pecans (toasted)
1/4 cup Unsweetened Coconut Flakes (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	516	Fiber	8g
Fat	33g	Sugar	10g
Carbs	51g	Protein	7g

DIRECTIONS

- 01 Combine water, coconut milk, and steel-cut oats in a pot and stir well. Place over medium-high heat and bring to a quick boil. Reduce heat to medium-low and cook the oats while occasionally stirring for 10 to 20 minutes depending on how crunchy you like them.
- 02 Remove the steel-cut oats from the heat and add the sliced banana to the pot. Mash with a fork into the cooked oats and stir until well combined.
- 03 Divide your banana steel-cut coconut oats between bowls, top with pecans and coconut. Enjoy!

NOTES

LEFTOVERS

Store fruits and oats in separate airtight containers in the fridge overnight. Reheat on the stovetop adding a dash of coconut milk. MORE PROTEIN

Add in a serving of protein powder.

Zoodles with Creamy Avocado Sauce

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Basil Leaves (plus additional for garnish)
1/4 Avocado
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1 tbsp Pumpkin Seeds (plus additional for garnish)
3/4 tsp Nutritional Yeast
1/16 tsp Sea Salt
2 1/4 tsps Water
1 Zucchini (large)
1/4 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	286	Fiber	7g
Fat	25g	Sugar	6g
Carbs	14g	Protein	6g

DIRECTIONS

- 01 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 02 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!