

Warm Chia Apple Pudding

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1/3 cup Chia Seeds
- 1 1/2 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)

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!

NUTRITION

AMOUNT PER SERVING

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