

CHIA PUDDING WITH APPLE COMPOTE



TIME REQUIRED

Overnight including 10 minutes prep

SERVING

2

STEPS

- In large bowl, stir together the chia seeds, almond milk, and sweetener. Let sit and gel for about 10 minutes. Stir again, cover and store in the refrigerator overnight.
- Follow directions for Apple Compote Transfer to storage bowls and let cool, then store in the refrigerator.
- Preheat oven to 350°. Spread the almonds on a large parchment paper-lined baking sheet. Bake about 10-12 minutes until fragrant and toasted. Allow to cool completely before handling.

INGREDIENTS

- 5 T chia seeds
- 1 ½ c unsweetened non-dairy milk such as almond milk
- 1 T maple syrup
- ½ t cinnamon
- 1 t vanilla extract
- ¼ c sliced toasted almonds, for garnish
- apple compote- see recipe
- cinnamon sprinkle for garnish

For assembly, alternate the apple compote, chia seeds mixture to form nice layers in a small glass or dessert dish.

Garnish with toasted almonds, rest of compote and sprinkle of cinnamon

PS

This chia pudding is creamy, cozy, and full of holiday flavor. Chia seeds provide fiber, protein, and omega-3s to keep blood sugar stable, while the warm apple compote adds natural sweetness and spice. Toasted almonds bring crunch and heart-healthy fats – a festive, plant-based treat that nourishes and delights.