

# APPLE CINNAMON CHIA BREAKFAST



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BY MARIA USHAKOVA



5 MINS PREP |



1 SERVING

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## INGREDIENTS

- 3/4 cup almond milk
- 1 1/2 tablespoons chia seeds
- 1/2 apple diced
- 1 tablespoon rolled oats
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 1 pinch cinnamon

## METHOD

### 1 Overnight Prep

Pour the almond milk into a jar or a glass container. Add the chia seeds and stir with a spoon. Let it stand for about 10 minutes then stir well one more time. Place the jar into the fridge and let the chia seeds soak for at least 4 hours or overnight.

### 2 To Assemble

In a jar or glass, layer the chia pudding, apple slices, cinnamon, rolled oats, sunflower and pumpkin seeds.

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