



# Ashley's Meal Prep Monday!



## Apple Chia Pudding

### INGREDIENTS

1 cup unsweetened almond milk (or milk preference)  
6 TBSP chia seeds  
1 medium apple chopped  
1 TBSP unsweetened nut butter  
3 pitted dates  
1 TSP vanilla  
3/4 TSP cinnamon  
salt to taste

Add the almond milk, chia seeds, apple, nut butter, dates, vanilla, and cinnamon to a blender. Blend until smooth and fully incorporated, adding in almond milk one TBSP at a time until the desired consistency.

\*Any kind of peanut/nut butter will work. To reduce sugars, use Deglet Noor dates instead of Medjool.

Optional for serving: granola and maple syrup



Recipe: [cookingforpeanuts.com](http://cookingforpeanuts.com)

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