



cara price

APPLE PIE CHIA JAR

INGREDIENTS

- 1 can full fat coconut milk
- 2 small (OR 1 large) green apples, peeled & chopped
- 4 tablespoons chia seeds
- 2 tablespoons almond butter
- 1 1/2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1/2 teaspoon nutmeg
- 15 drops clear stevia
- optional garnish: honey for drizzling, chopped pecans & extra apple pieces
- 6 mason jars

DIRECTIONS

place coconut milk, chopped apples & almond butter into a high speed blender for 60 seconds.

add in chia seeds, cinnamon, vanilla, nutmeg & stevia. blend on low for 10 seconds.

pour even portions into 6 jars.

refrigerate 4 hours. top with desired garnish or eat as is!