

Craving an apple pie ... minus spending hours in the kitchen?

Enter chia pudding.

We know: you've probably had chia pudding at least once or twice, but this version takes the flavor levels up several levels. Caramelized apples sink into rich coconut and almond milk-soaked chia, with a hit of sea salt to bring every bite into focus.

### **Salted Caramel Apple Chia Pudding**

*Prep time: 10 minutes*

*Total time: 15 minutes*

*Serves: 4 servings*

#### *Ingredients:*

5 tbsp chia seeds

½ cup coconut milk

½ cup almond milk

⅓ cup unsweetened apple sauce

1 tbsp maple syrup

1 tsp vanilla extract

½ tsp Ava Jane Colima Sea Salt

#### *Sauteed Apples Ingredients:*

1. 1 tbsp coconut oil
2. 2 apples, peeled and cut into cubes
3. 2 tbsp maple syrup
4. ½ tsp cinnamon

#### *Instructions:*

1. Whisk all the chia pudding ingredients together in a bowl. Place in the fridge to set for at least an hour or (ideally) overnight.
2. Heat coconut oil in a pan over medium-high heat. Add apples, maple syrup, sea salt, and cinnamon together, then let cook for 2 minutes.
3. Reduce the heat to medium and let cook another 5-6 minutes, stirring often until the apples are soft, then remove from heat and let cool.
4. Layer the chia pudding and apples in jars or bowls and enjoy.

