

APPLE CINNAMON GRAIN-FREE "NO-TMEAL"



You will be pleasantly surprised with how similar the texture is to regular oatmeal minus the grains for those with sensitivities. High in healthy fats, this no-oat version 'no-tmeal' provides lasting energy in the morning.

DIRECTIONS

1. In a blender, add walnuts, pine nuts, flax seeds and cinnamon. Grind for a few seconds making sure to stop before they grind into a powder.
2. In a mixing bowl, to make the chia 'egg' add 1 Tbsp chia seed and 3 Tbsp of water and let it sit for 5 minutes to absorb the liquid and thicken.
3. Mix the almond butter into the chia 'egg' mixture. Once well combined, add the apple purée and coconut milk and mix well.
4. Stir in the nut mixture. Serve warm or cold

Note: This is a very forgiving recipe. Feel free to add your choice of nuts and milk.

Equipment:

High speed blender, mixing bowl

Makes:

2/3 cup no-tmeal

INGREDIENTS:

- 1 small handful of walnuts (4-5 pieces)
- 1 small handful of pine nuts (or pecans)
- 2 Tbsp ground flax seeds
- ½ tsp ground cinnamon
- 1 chia 'egg' (1 Tbsp chia seeds and 3 Tbsp water)
- 1 Tbsp almond butter
- ½ cup apple purée
- ¼ cup coconut milk