# Chia Seed Pudding with Chunky Apples

## Ingredients
- 1/2 cup Hazelnut milk (or cow’s milk or milk of your choice, like almond or soy)
- 1 cup Vanilla Greek yogurt
- 2 tsp. vanilla
- 1 Tbsp honey
- 1 Tbsp plus 2 tsp chia seeds
- 2 apples core removed, chopped
- 1 TBSP brown sugar
- 1/2 tsp cinnamon

## Instructions
For pudding, whisk together yogurt, milk, 1 tsp vanilla, honey and chia seeds. Cover and place in refrigerator overnight to thicken.

To make chunky apples, heat apples in sauce pan on low with brown sugar, cinnamon and 1 tsp vanilla until soft. Stir and mash to chunky consistency. Let cool and store in refrigerator until ready to use.

When ready to serve pudding, scoop 1/2 cup into dessert dish. Top with chunky apples. Serve.

Optional: mix in sliced bananas to chia seed pudding after overnight thickening.

## Serving Size: 1/2 cup

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Apples are rich in dietary fiber and helpful substances that may help reduce the risk of developing cancer, dementia, hypertension, diabetes, and heart disease. The fiber in apples can also help to keep a balance of good bacteria in the GI tract, boosting digestive health. Chia seeds are an excellent source of omega-3 fatty acids, rich in antioxidants, and they provide fiber, iron, and calcium. Omega-3 fatty acids help raise HDL cholesterol, the “good” cholesterol that protects against heart attack and stroke.

Be mindful that increased fiber and consumption of seeds may require adequate fluid intake and may cause gas, pain, and bloating if you are not drinking adequate fluids or have a history of digestive issues or discomfort.

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