



CHIA SEED AND OATMEAL PARFAIT WITH APPLE AND CINNAMON

 1 porción

INGREDIENTES

- 1/2 cup of skim milk or unsweetened almond milk (125 g)
- 2 tablespoons of oats (30 g)
- 1 tablespoon of chia seeds (15 g)
- 1 medium to small red or green apple (138 g)

MÉTODO DE PREPARACIÓN

- 1º Place the milk, chia seeds, and oats in an airtight container, such as a glass jar or Tupperware. Chill in the refrigerator for a minimum of 2 hours, but overnight is recommended.
- 2º After the allotted time and the mixture has thickened, stir in a teaspoon of cinnamon, your chosen sweetener (brown sugar, honey, sweetener, stevia, etc.), and a splash of vanilla extract.
- 3º Serve with apple slices or chunks.
- 4º Tips: You can top it with chopped nuts, other fruits, Greek yogurt, chocolate chips, etc. If you have water or milk kefir, hydrate the oats separately in 1-2 tablespoons of kefir and then add it to the chia seeds already hydrated in the milk.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN (276 g)	% DDR
ENERGÍA	94 kcal	260 kcal	13 %
GRASA	3 g	9 g	14 %
GRASAS SATURADAS	0 g	1 g	5 %
COLESTEROL	—	—	—
SODIO	28 mg	79 mg	3 %
H. CARBONO	13 g	37 g	12 %
AZÚCARES	4 g	11 g	—
FIBRA ALIMENTARIA	4 g	11 g	43 %
PROTEÍNA	3 g	9 g	—