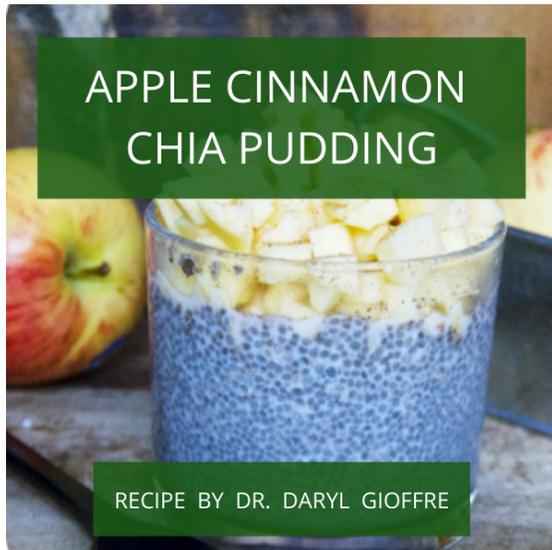


Apple Cinnamon Chia Pudding Recipe by Dr. Daryl



It's your lucky day! It's time for another fan favorite chia pudding recipe!

If you like the original [Vanilla Coconut Chia Pudding](#), you're going to love this apple cinnamon version.

We use green apples in this recipe at our house, as they are lower in sugar, although it would be delicious with Honeycrisp or Fuji apples too.

Did you know chia was used by Mayan and Aztec civilizations for energy and strength? It's 50% omega-3s, making it one of the richest sources of these fatty acids and protein.

It's also high in fiber, which helps reduce inflammation in the gut and lowers cholesterol. A mere 2 tablespoons of chia seeds gives you 18% of your recommended daily value (RDV) of calcium, 35% RDV of phosphorous, 24% RDV of magnesium, and 50% RDV of manganese. It's simply one of the best foods for neutralizing acid and balancing pH.

Plus, it's delicious when combined with coconut milk and a hint of sweetness!

Give it a try and let me know what you think over on [Facebook](#).

APPLE CINNAMON CHIA PUDDING

Ingredients [Serves 2]

2 cups unsweetened coconut milk or almond milk
1/2 cup chia seeds
1 tsp. vanilla (or 5 drops Medicine Flower Vanilla)
2-4 dashes cinnamon
1 green apple, peeled and diced
Optional: Liquid stevia to taste

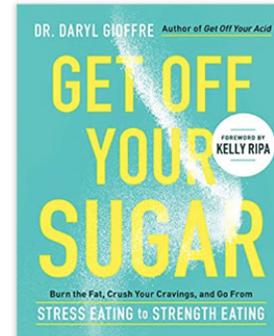


Directions

Combine all ingredients except the apple in a glass jar or container and shake or stir with a whisk, or a handheld electric mixer. Place in refrigerator and shake or whisk again after 30 minutes and be sure to break up any clumps. After a couple of hours, the chia seeds will have soaked up most of the milk and your pudding will be ready to eat. Top with chopped apple.

You'll find a lot more tempting dessert recipes without sugar – and more than 65 recipes in all – in my new best-selling book!

GET OFF YOUR SUGAR: Burn the Fat, Crush Your Cravings, and Go From STRESS EATING to STRENGTH EATING removes the guilt and shame many of us feel for our addiction to sugar, and replaces them with a powerful yet easy-to-follow program with practical tips to the sugar habit in your real life.



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Kelly Ripa, who wrote the Foreword, had this to say:

“I’ve followed Dr. Daryl’s *Get Off Your Sugar* Program for a little over a year. **It’s doable, it’s delicious, and I’ve seen the proof that it works too**—last year, when I turned 50, Dr. Daryl tested my biological age, and it showed I had the physical health of a 35 year old. Clearly, we’re doing something right!



“I love how Dr. Daryl focuses on what you need to *add* to your diet instead of what to take away, but I think what really makes his approach so powerful is that he helps you get off—and stay off—**the stress-eating roller coaster**.

“I know it’s so hard not to rely on your favorite sweet treats when life gets tough, and it can be difficult to manage everything life throws at you, but hear me out: thanks to Dr. Daryl, you’re holding in your hands a proven strategy and plan that will help you through the tough times. When you strength eat every day, you’re **better equipped to handle challenges that arise**, whether that’s a global pandemic or something closer to home.” –Kelly Ripa

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GET OFF YOUR ACID!

Dr. Daryl

#getoffyouracid #alkalinerrecipes #alkamind #plantbased #nosugardessert