



Linseed Pudding Topped with Apple and Cinnamon Chips

🕒 15–20 Min   

Preparation

- 1 Add the linseed, ground cardamom to the oat milk and leave to soak overnight in the fridge.
- 2 Layer the apple puree and linseed pudding in a glass.
- 3 Sprinkle with the sunflower seeds and pumpkin seeds. Garnish with the Apple and Cinnamon Chips and enjoy.

Ingredients 2 Portions

♦ = Kotányi Produkte

100 g	Linseed, crushed
500 ml	Oat milk
200 g	Apple puree, unsweetened
50 g	Sunflower seeds
50 g	Pumpkin seeds
1 pinch	Cardamom, ground
1 tsp.	♦ Cinnamon, Ground
20 g	♦ Apple-Cinnamon Chips

