

Linseed Pudding Topped with Apple and Cinnamon Chips

15–20 Min

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

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.