

Breakfast

Baked Apple and Chia Seed Breakfast

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Serves: 4

Preparation Time: 20 minutes

Ingredients:

6 apples, cored, peeled, and chopped, divided
2 teaspoons cinnamon
1/2 cup chopped walnuts
3 regular dates, pitted
2 tablespoons chia seeds
1/4 cup unsweetened soy, almond or hemp milk
1/2 cup raisins
1/2 cup old fashioned oats

Instructions:

Preheat oven to 350 degrees.

In a high-powered blender, combine one cup of the chopped apples with cinnamon, walnuts, dates, chia seeds and non-dairy milk. Place remaining chopped apples in a baking dish and cover with blended mixture. Add raisins and mix well. Sprinkle oats on top. Bake for 15 minutes.

Per Serving:

CALORIES 351; PROTEIN 6g; CARBOHYDRATES 61g; TOTAL FAT 12.5g; SATURATED FAT 1.3g; SODIUM 9mg; FIBER 8.7g; BETA-CAROTENE 45ug; VITAMIN C 10mg; CALCIUM 102mg; IRON 4.1mg; FOLATE 16ug; MAGNESIUM 61mg; ZINC 0.9mg; SELENIUM 3.8ug

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