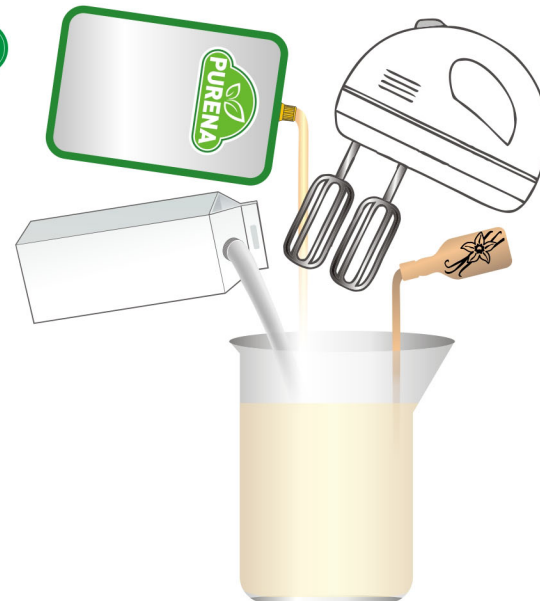


# APPLE AND BANANA PUDDING WITH CHIA SEEDS

## Ingredients for 3 servings (500 ml) **1**

- 150 g of the Purena apple puree
- 100 g of the Purena banana purée
- 20 g of chia seeds
- 200 ml of milk
- 30 g of honey
- cinnamon to enhance the flavour
- 1 tbsp of lemon juice
- vanilla pod or extract
- 30 g of muesli with granola and nuts

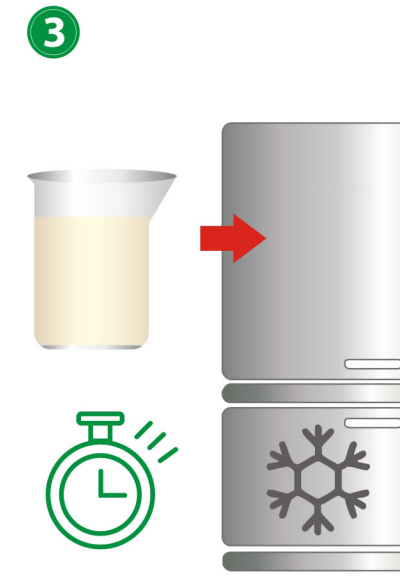
## DIRECTIONS:



Blend the banana puree with the milk and vanilla in a tall container.



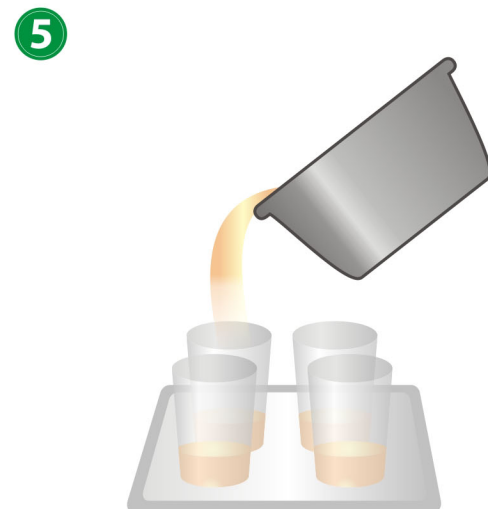
Add 2 tbsp of chia seeds, mix it, sweeten with honey and season with lemon juice.



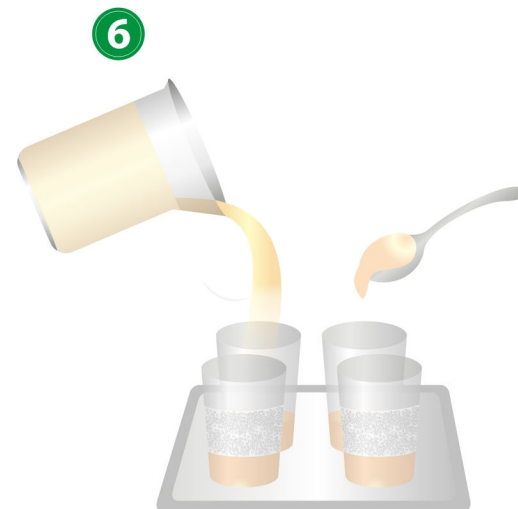
Put in the fridge to swell.



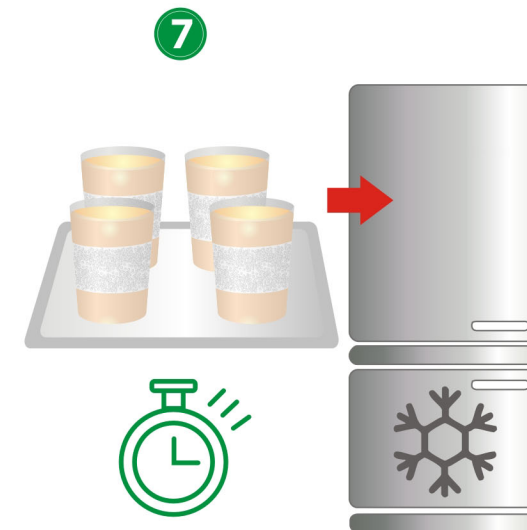
Mix the apple puree with cinnamon.



Pour half of the apple puree into the prepared cups.



Pour in the settling pudding and then cover it with the rest of the apple puree.



Cool it.



Sprinkle with granola muesli and nuts before serving.



## Nutrition info:

100 g  
166 kcal

1 serving  
206 kcal

Consume the prepared dessert within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.