



Apple, Berry and Chia Coulis

Ingredients

- 2 grated apples
- 2 cups of blueberries
- 2 cups of raspberries
- 6 tablespoons of chia seeds
- 1 tsp cinnamon
- 1/2 cup of water

Instructions

- Place the grated apples, blueberries, raspberries and chia seeds in pot with the water and cinnamon.
- bring to a simmer and stir until mixed and thickened and the chia seeds have swelled up
- allow to cool and divided into ice trays. Freeze and then empty into a bag to store in the freezer.
- these are perfect for adding to overnight oats, yogurt or smoothies.

These are high in fiber and antioxidants and add a
little something sweet