

## SUPER SEED APPLE CEREAL



**By** The Vegan Chickpea  
**Yield 1 serving**

### Ingredients:

- 1 apple, cut into bite sized pieces (I recommend a harder apple, such as Honeycrisp or Braeburn.)
- 1 tablespoon flaxseed meal
- 1 tablespoon chia seeds
- 2 tablespoons raw almonds
- 1/2 tablespoon cacao nibs
- Generous sprinkling of cinnamon
- 1 cup unsweetened almond milk

### Method

1. Mix all dry ingredients into a bowl.
2. Pour in almond milk.
3. Enjoy!