

Banana Chia Pudding with Almond Crumb Topping Created by Danielle Omar, MS, RD

Makes 4 servings

Ingredients:

1 Tbsp almond butter
1 cup cold water
2 dates
1 banana
4 Tbsp chia seed
1/2 tsp cinnamon
12 oz Greek banana yogurt

For the Topping:

2 Tbsp raw oats
1/4 cup raw almonds
2 tsp brown sugar
1 Tbsp coconut oil dash cinnamon dash sea salt

Preparation:

Blend 1/4 cup of almonds in your blender until they are crushed and resemble large sand granules. Remove them from the blender and set aside in a small bowl. Into your blender then add the almond butter, cold water, 2 Tbsp chia seed, and dates. Blend until well incorporated. Add the banana and blend again.

Place this mixture into a bowl and refrigerate while you make the topping. To the small bowl of crushed almonds, add the oats, cinnamon, dash of sea salt and brown sugar, then add the coconut oil and mix with your fingers until it resembles a crumb topping. Remove the chia pudding from the fridge and mix in the remaining chia seed. If it looks fine as it is, don't add it...but I needed to add more. Stir it up and place back in fridge for 30 minutes or overnight.

Once it's ready, serve parfait style with banana yogurt layered in the middle and the crumb topping on top.

