



Sugar-Free Apple Pie Chia Seed Jam + Parfait



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



362 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup apple juice 100% pure
- ☐ 2 servings apple pie jam (from above)
- ☐ 3 large apples diced peeled
- ☐ 2 tablespoons chia seeds
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup rolled oats gluten-free
- ☐ 1 teaspoon vanilla extract pure

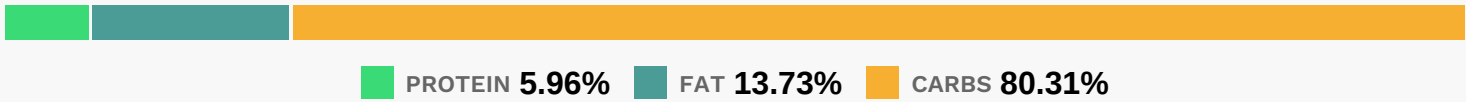
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the oats, chia seeds, almond milk, vanilla, and cinnamon in a small bowl.
- ☐ Whisk to combine.
- ☐ Layer the vegan overnight oats with the apple pie jam, a few spoonfuls of each per layer.
- ☐ Add toasted chopped walnuts on top of each layer if desired.Store leftover jam in an air-tight container or jar in the fridge. Should last for at least 1-2 weeks.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:21.09, Inflammation Score:-6, Nutrition Score:15.530000116514%

Flavonoids

Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg, Cyanidin: 5.27mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.51mg, Catechin: 5.51mg, Catechin: 5.51mg, Catechin: 5.51mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 29.57mg, Epicatechin: 29.57mg, Epicatechin: 29.57mg, Epicatechin: 29.57mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg, Quercetin: 13.95mg

Nutrients (% of daily need)

Calories: 362.28kcal (18.11%), Fat: 5.83g (8.97%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 76.8g (25.6%), Net Carbohydrates: 61.99g (22.54%), Sugar: 44.28g (49.2%), Cholesterol: 0mg (0%), Sodium: 10.95mg (0.48%), Alcohol: 0.69g (100%), Alcohol %: 0.19% (100%), Protein: 5.7g (11.4%), Manganese: 1.5mg (74.94%), Fiber: 14.8g (59.21%), Phosphorus: 231.23mg (23.12%), Magnesium: 91.45mg (22.86%), Vitamin C: 16.67mg (20.2%), Selenium: 12.68µg (18.12%), Potassium: 585.81mg (16.74%), Vitamin B1: 0.25mg (16.38%), Copper: 0.3mg (14.98%), Iron: 2.54mg (14.12%), Calcium: 125.82mg (12.58%), Zinc: 1.47mg (9.83%), Vitamin B2: 0.16mg (9.3%), Vitamin B6: 0.18mg (8.97%), Vitamin B3: 1.7mg (8.48%), Vitamin K: 8.2µg (7.81%), Folate: 22.67µg (5.67%), Vitamin E: 0.79mg (5.25%), Vitamin

B5: 0.48mg (4.79%), Vitamin A: 192.13IU (3.84%)