Welcome To Our

Wellness Chefs

with Vegan Chef Sandi Morais

Serves:2
Prep time: 4-5 minutes
Total time: 4-5 minutes

Ingredients:
2 medium organic apples (sliced or chopped)
2 tablespoons sliced almonds
2 tablespoons shredded coconut
1 tablespoon dried cranberries
1 table maple syrup or agave
1 tablespoon lemon juice
1/4 cup chopped nuts

Method:

Step 1: Put apples into a bowl.
Step 2: Add coconut, almonds and cranberries.
Step 3: Add maple syrup and lemon juice. Mix together. Add chopped nuts.

Recipe by Sandi Morais, Celebrity Vegan Chef
KUOM Wellness Chefs Journalist
Photo Credit: Vegan Tuneup Cafe
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