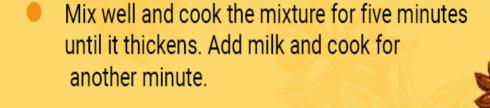
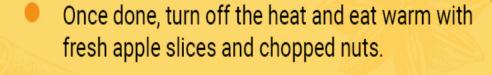




## **APPLE CINNAMON OATMEAL**

 Boil water in a pan and add apple slices, cinnamon powder, honey and rolled oats.







## CINNAMON AND CHIA PUDDING

 Mix chia seeds, cinnamon powder, banana pulp, and chopped nuts in a glass or bowl.

- Refrigerate the mixture for two to three hours to let it set.
- Top with fruits of choice and relish.





Source: https://www.momjunction.com/articles/cinnamon-during-pregnancy\_00469580/