



pbj coconut chia pudding

ingredients

- 3 tablespoons chia seeds
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract
- 3 tablespoons peanut powder
- 1 cup unsweetened coconut milk
- 1/2 cup frozen raspberries

directions

In a jar with a lid, add chia seeds, maple syrup, vanilla extract, peanut powder and coconut milk. Secure lid on jar and shake until fully mixed. Refrigerate for four hours or overnight. Top with raspberries.

Serves 2



air fryer salmon with arugula-berry salad

ingredients

- 1/2 tsp chili powder
- 3/8 tsp salt, divided
- 1/4 tsp black pepper, divided
- 1/4 tsp brown sugar
- 1/8 tsp garlic powder
- 2 skinless salmon fillets
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/2 tsp Dijon mustard
- 4 cups baby arugula
- 1 cup raspberries
- 1 cup strawberries

directions

In a small bowl, combine chili powder, 1/8 tsp each salt and pepper, brown sugar and garlic powder; sprinkle mixture evenly over the top of the salmon fillets.

Preheat the air fryer, if necessary, to 400°F. Coat the air fryer basket with cooking spray. Add salmon to the basket and air fry for 7–8 minutes.

Meanwhile, in a medium bowl, whisk oil, vinegar, mustard and remaining 1/4 tsp salt and 1/8 tsp pepper. Add arugula, raspberries and strawberries; toss gently to coat. Serve salmon with salad.