

BREAKFAST - SUPER SEED MUESLI



INGREDIENTS

Serves 2

- 1 ¼ cups non-dairy milk
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon coconut oil (optional)
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ¼ cup ground flax seeds
- ¼ cup goji berries
- 2 tablespoons dry coconut, unsweetened
- 1 tablespoon of raw honey or 5 drops of stevia (optional)

INSTRUCTIONS

WARM YOUR MILK 2 to 3 minutes. Add your non-dairy milk over a medium low flame. Make it as hot as you without boiling. Add vanilla, liquid sweetener, cinnamon, ground ginger, and coconut oil (optional). In a cereal bowl, add your sunflower seeds, pumpkin seeds, flax seeds, goji berries, and coconut. Add fresh berries and other dried fruit.

**** if possible using all organic ingredients...is best! ****

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