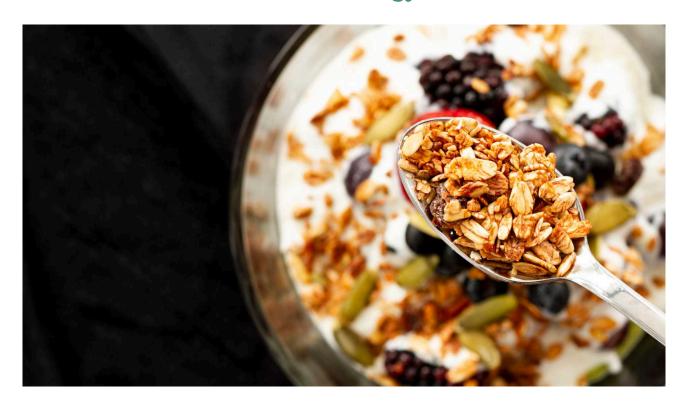


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Good Mood and Energy Breakfast



Getting Started

Preparation time: – 3minutes Cooking Time: – 3 minutes Oven Temperature: – none

Ingredients

½ cup berries or chopped apple

- 2 tablespoons flaked almonds
- 2 tablespoons chia seeds
- 2 tablespoons sunflower seeds
- 2 tablespoons of organic rolled oats (optional)
- 1 tablespoon ground flax seeds
- 2 cups almond milk



Method

Combine the first five ingredients in a bowl. Pour almond milk over the top. Let the bowl sit for 2 to

3 minutes before serving to allow the chia seeds to absorb the liquid and expand.