

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.