

GOOD MOOD AND ENERGY BREAKFAST

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



Instructions

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.