



Super Seed Muesli

(Makes about 8 servings)

Gather These Ingredients

2 cups organic rolled oats
1 tbsp. freshly ground flax seeds
1 tbsp. chia seeds
1 tbsp. hemp seeds
2 tbsp. raw pumpkin seeds
2 tbsp. chopped walnuts or almonds
1-2 tbsp. gogi berries or dried blueberries - with no added sugar
(optional)

Put it All Together

1. Mix all the ingredients together and store in a Mason jar
2. Feel free to add your favorite nut, seed or dried fruit. Also, measurements can be altered to your liking.

Serving suggestions:

Mix 1/3 cup Super Seed Muesli with ½ cup almond milk and let soak for at least 10 minutes to overnight. Add a dash of cinnamon for more flavor.